PINS STICK IT TO GIAMBRONE SCANDAL, PG 3

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metro
TORONTO • TUESDAY, FEBRUARY 16, 2010

Celebrity pg 41

Jen and Jamie may elect to elope

Did they also find Junior Mints?

OOPS It took five long months for a Czech woman to discover the reason for her pain: Doctors had left a foot-long medical tool inside her abdomen.

This month, doctors at a clinic in the southeastern town of Ivancice discovered their colleagues had forgotten to remove a spatula-like surgical instrument from the woman following gynecological surgery in September.

Clinic head Jaromir Hrubes blamed "a series of individual failures" and said four employees had been punished.

THE ASSOCIATED PRESS

News on the Move

What's this barcode for?
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Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

- **Today — Brodeur ready to stand on guard in Canadian goal, page 22**

Food pg 35

This gumbo is intense

On the web

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JAMIE SQUIRE/GETTY IMAGES

Canadian Mike Robertson, left, and Seth Wescott of the United States race neck and neck yesterday during the men's snowboard cross final at the Winter Olympics. Wescott edged Robertson for the gold medal. More coverage, pages 8, 22, 23

Silver by a sliver

Canadian snowboarder edged by American at finish

The rough-and-tumble roller-coaster of snowboard cross gave Canada its second silver medal yesterday as Michael Robertson missed out on gold by the nose of his American rival's board.

The 24-year-old boarder from Canmore, Alta., led for much of the race, only to be overtaken in the final moments by U.S. competitor Seth Wescott, who also claimed the top prize at the Winter Games in Turin, Italy, in 2006.

"It was kind of bittersweet," Robertson said after the race. "Obviously. I wanted to win, for sure, but I'm so happy to be second. It's amazing."

Canadian men had a less-than-stellar showing in the long-delayed men's downhill, where Erik Guay of Mont-Tremblant, Que., was the top Canuck in fifth place in 1:54.64.

Manuel Osborne-Paradis of Invermere, B.C., who was seen as the host nation's top medal threat in the marquee event on the alpine skiing schedule, finished 17th, well back of gold medallist Didier Defago of Switzerland.

Canadian hockey fans were celebrating good news yesterday after Anaheim Ducks centre Ryan Getzlaf, who sprained his ankle last week, was given the green light to play for Team Canada.

THE CANADIAN PRESS

VANCOUVER 2010Games

Transit expansion resistance growing

COMPLAINT They say they're being railroaded — and it's not just the urbanites living along the Georgetown GO corridor who are complaining. Objections to the region's galloping transit expansion have spread to the typically more passive suburbs.

Resistance is popping up from Etobicoke to Scarborough where some residents fear light rail lines along Eglinton and Sheppard will create traffic chaos with delayed left turns and less room for cars, dividing communities down the middle with dedicated streetcar rights-of-way.

They want transit. But they want subways.

Governments should find a way to make development pay for them, say the members of a community group called Save Our Sheppard. Many of their concerns echo those published in a recent TTC report on the disastrous management and cost overruns on the St. Clair streetcar right-of-way.

But when they've talked to politicians and transit officials, group members say they have been ignored.

TORSTAR NEWS SERVICE

Concerns

- Save Our Sheppard's Denis Lanoue said no one would listen to his concerns about St. Clair at a TTC public consultation on the Sheppard West LRT. "They just wanted to have input on whether it should be in-ground or above ground for the connection with the Sheppard subway. The other issue was whether we should have an overpass or underpass for the GO train. This was the only input they were asking for. I had the feeling this thing was shoved down our throat."

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Outside Toronto, taxpayers getting a break

FINANCES It is budget day in Toronto, a time when Canada's largest city will have to stare down an operating shortfall projected to run in the hundreds of millions of dollars.

But outside Toronto, in an election year and tough economic times, where taxpayers generally pay more taxes for their homes than Toronto, councils have generally managed to keep tax increases low.

TORSTAR NEWS SERVICE

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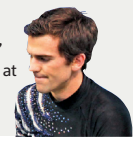
WHAT'S ONLINE TODAY

Video Olympic figure skaters on the potential for humiliation found in the 'kiss and cry' camera shot at **metronews.ca**



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Hundreds pin Giambrone with sex scandal buttons

Sonya Popovich slept with Adam Giambrone — at least according to the red button pinned to her jacket.

She's not the only one claiming to have kicked her feet up on the disgraced city councillor's city hall couch.

Hundreds of people around the city are sporting the button, which, in bold white letters, says, "I slept with Adam Giambrone."

A TTC driver. A 60-something businessman. A group of young gay men in Yorkville. They're all donning the prurient pins.

The idea to make the buttons struck Popovich on Feb. 11, a day after Giambrone dropped out of the mayoral race following a sex scandal.

Popovich, 51, said she was upset that Giambrone, according to published text messages, told his mistress that his partner was a political prop.

RENE JOHNSTON/TORSTAR NEWS SERVICE

City hall follower Sonya Popovich has designed and distributed "I slept with Adam Giambrone" buttons yesterday.

"If he needs all the other women in his life, just be upfront about. This is Toronto, a city that accepts everybody — that's what I love about it," said Popovich, who says she has never met the TTC chair.

She spent $250 to get the pin designed and had 500 buttons pressed. By Friday afternoon, she was already handing them out for free.

By yesterday, she only had 200 left.

If someone smiles after reading the button, she'll offer them one. But she has a rule: You have to wear it.

But not everyone has taken a liking to the rectangular pins. Some have called the buttons "a low blow," Popovich said. One transit worker told her not to peddle the pins on TTC property, and then told her the public shouldn't meddle in what goes on in people's bedrooms.

While the pins are in part a Valentine's Day jest — the "i" in Giambrone's name is dotted with a heart — Popovich said they're also intended to get people thinking about the election.

Today, she will send a pin to each city councilor as well as mayoral candidate George Smitherman.

TORSTAR NEWS SERVICE

News in brief

GUNS Seven men, including six teens face gun charges after two firearms were seized minutes apart in separate routine police stops early Saturday. Three 18-year-old Toronto men, Gary Siewdass, Anthony Green, and Eastin Clark have been charged with a total of 30 weapon and drug offences. Everett Effah, 21, of Toronto, Ezekiel Arhin, 18, of Toronto, Michael Yaw Obeng, 19, of Woodbridge, and Tyler Manning, 19, of Brampton face a total of 23 charges stemming from the entertainment district gun seizure.

THE CANADIAN PRESS

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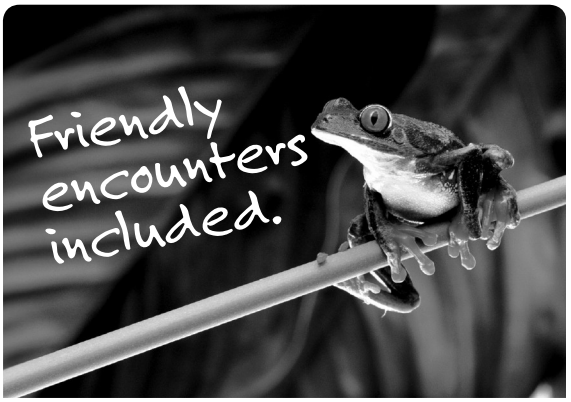

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Bodyfound in east-end house
Police are probing the death of a man found in a house yesterday near Greenwood Ave. and Gerrard St. E. Police said the body showed signs of trauma. TORSTAR NEWS SERVICE

Security concerns

Guards flank school trustees at meeting with parents

The appearance of Toronto public school board security staff at school-closing committee meetings has some members questioning why a gathering of parents and community members needs to be policed.

Two board security employees sat behind public trustee Maria Rodriquez last week during a private meeting of the accommodation review committee (ARC) tasked with deciding if Rawlinson Community School, in Rodriquez' riding of Davenport, or one of four other schools — JR. Wilcox, Cedarvale, Arlington or Humewood — in the adjacent riding of St. Paul's, should be closed.

"It was really a group of parents … there was food and coffee and a bunch of adults in a room together. I don't understand why there would be security at a meeting like that," said a source who attended the meeting, but asked not to be named.

The location of the meeting was also changed, from the usual venue of Oakwood public school to Rawlinson.

Although the source said Rodriquez had personally requested the security staff, the trustee said it was a board decision. "I think it's a precautionary measure," by the board, said Rodriquez.

"Some (of the meetings) have been very contentious. People are upset about the possibility of their school closing so sometimes people get upset and emotional and there's yelling and screaming. People's emotions run high."

"There are challenges at every meeting." Maria Rodriquez, trustee

When asked if she'd ever felt unsafe, Rodriquez replied, "I'd rather not comment, myself, other than to say it's a difficult process and I've done my best to be at all the meetings."

The trustee has schools from her ward involved in three ARCs and since November says she has attended as many school-closing meetings as possible, although some conflicted with board meetings.

"There are challenges at every meeting," said Rodriquez. "People not happy with the process, people not happy with the thought of schools closing. Some people blame trustees, some people blame staff, some people blame the province."

But having security staff on hand is like waving a "red flag in front of people," said trustee Sheila Cary-Meagher, Ward 16 (Beaches-East York). "We shouldn't need security guards to come to meetings. Because parents are angry? So they're angry. Get over it and get down to it and deal with the issues. That's what's important."

TORSTAR NEWS SERVICE

Missing woman had 'nomadic lifestyle:' Police

BELLEVILLE Family and friends of a Belleville woman missing for more than three weeks have put up posters from Kingston to Bancroft in an effort to find her. But police say there's nothing to link the case with other recent crimes in the area.

Deborah Rashotte

Deborah Rashotte, 27, hasn't been heard from since Jan. 23. She was reported missing last Thursday.

Det.-Insp. Mike Graham of Belleville police said three investigators are working on the case full time, checking places Rashotte might have gone and when she was last seen or heard from.

But he said there's nothing to tie Rashotte's disappearance to the recent slaying of another Belleville woman, Jessica Lloyd. The body of the 27-year-old woman was found near Tweed last week.

Col. Russell Williams, the former commander of nearby CFB Trenton, is charged with first-degree murder in her death.

Graham pointed out that, unlike Lloyd, Rashotte has lived a "nomadic or very transient lifestyle."

THE CANADIAN PRESS

Family Day **Beach party**

DAVID COOPER/TORSTAR NEWS SERVICE

Sisters Madelaine, 9, back, and Mackayla Dixon, 6, take a camel ride together yesterday in Kew Gardens. Animals from the Bowmanville Zoo were brought in to help celebrate at the third annual Beach BIA Family Day Festival.

News in brief

CRIME The family of Glenn Lowe, the city's sixth homicide victim of the year, has released a photograph of the man in the hopes of generating tips in a case that has yet to see an arrest. Police found the 30-year-old Toronto man's body outside a two-storey brick home on Jane Street, a block north of Trethewey Drive, after several residents reported hearing two gunshots Feb. 7 at about 11:15 p.m.

TORSTAR NEWS SERVICE

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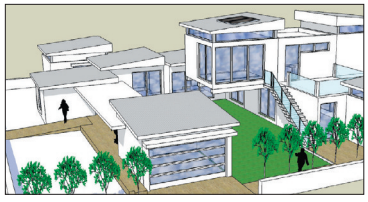

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Missing fisherman found
A London, Ont., man who had been reported missing after going ice fishing on Sunday was found safe yesterday morning by a passerby. **THE CANADIAN**

KEITH BEATY/TORSTAR NEWS SERVICE

Invest Toronto CEO Renato Discenza wants to promote the city as a global business destination.

Tall task awaits CEO

Invest Toronto chief wants to make most of city's assets

One morning last summer, Renato Discenza hopped on his motorcycle to visit a friend in Kingston. He ended up that night in Saint John, N.B.

"I like my bikes," Discenza explained (he has three). And after all, it was a nice day for a ride.

That's the kind of drive the people in Toronto City Hall hope Discenza will bring to his new job at Invest Toronto, where he took over as chief executive last month. The organization promotes business investment and growth in the city.

Plenty of work awaits the new boss.

Invest Toronto's website has a patched-together, temporary feel. And the staff of five is still about half the size that Discenza hopes to build to by the end of the year.

Moreover, some question whether Invest Toronto has too narrow a mandate, because it's a City of Toronto agency, not a regional one.

> **"I firmly believe (Toronto's) in its golden age."**
> Renato Discenza, Invest Toronto CEO

But nothing dampens Discenza's enthusiasm.

"Before I took this job I thought about what are the assets of Toronto, and I firmly believe it's in its golden age," he said.

"What city of the world has the raw assets Toronto has? The diversity of the people, the diversity of talent? The level of infrastructure spending we're going through?"

Still, he said, simply compiling lists of Toronto's assets isn't enough.

"Those are features. We have to tell them what are the benefits," he said. "So you have diversity, what does that mean?

"For some businesses, it means if you want to have a global headquarters, you can find a Russian-speaking banker trained in Canadian securities law who's willing to work in Asia. Talk to me about how I can find comparative advantages."

One of Invest Toronto's first opportunities will be the G20 summit this summer, which will bring the world's most powerful political leaders to Toronto.

Discenza wants to sell members of the international business press on Toronto's potential.

"We can show them the CN Tower. But I think we need to show them: Here's the kind of investment we're doing, here's our human capital."

TORSTAR NEWS SERVICE

Would-be parents seeking funds for in vitro treatments

LEGISLATURE About 60 would-be parents rallied outside the Ontario legislature yesterday to mark the province's second annual Family Day by requesting government funding for in vitro fertilization treatments, which cost about $10,000 per cycle.

The rally was organized by Conceivable Dreams, which represents 1,100 couples who cannot conceive without medical assistance. The problem affects one in six Ontario couples, the group says.

Two Ontario government-ordered reviews of in vitro fertilization have recommended the province fund up to three rounds of treatments.

Funding IVF would reduce instances of costly multiple births and save the province about $550 million over 10 years, said Dr. Art Leader, professor of medicine at the University of Ottawa and a member of the government's expert panel.

However, Health Minister Deb Matthews said Friday that the Liberal government only promised to study IVF, not to fund it, and is reviewing the studies' recommendations while also keeping an eye on the record $24.7-billion deficit.

THE CANADIAN PRESS

News in brief

GPS THEFTS Police are warning the public of a "significant increase" in the theft of Global Positioning System units from vehicles in Toronto, devices that can be used by thieves to locate the victim's home. GPS unit users are encouraged to set the "home" button to a familiar intersection or business nearby, said police, so the home address is not compromised.

CRASH The province's Special Investigations Unit is probing a crash involving a car being followed by Toronto police that sent six people to hospital. Police began following a car in the city's east end shortly after midnight following a report of a break-in. The car being followed collided with another vehicle. **METRO NEWS SERVICES**

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Government seeks to appeal terrorist's sentence

The federal government is seeking to appeal the sentence of a convicted terrorist. Saad Gaya, 22, was convicted in September of intending to cause an explosion in association with a terrorist group. He was sentenced to 12 years. With credit for the time he has already served, Gaya could be eligible for parole in 1½ years. THE CANADIAN PRESS

Canada

Opposition taking on spending

The opposition will focus on jobs, cuts to health services, the $25-billion deficit and the harmonized sales tax when the Ontario legislature resumes sitting today. It's the Liberals' "reckless and out of control spending" that has landed Ontario with a record budget shortfall, said Progressive Conservative Leader Tim Hudak, left. Jobs and the economy are the top issues facing Ontario, added Hudak. THE CANADIAN PRESS

Black Bloc hard to pin down

They go by the name Black Bloc, but even the masked, black-clad protesters who trashed store windows during an anti-Olympic march on the weekend wouldn't call themselves an organization.

The self-appointed "ninjas" of the anarchist movement have been a factor in European radical politics for decades, but appeared spectacularly on the radar in North America during the 1999 World Trade Organization ministerial meeting in Seattle.

The Black Bloc strategy is simple: Show up at demonstrations and attack prominent symbols of capitalism. Then hope the police react, or over-react, while they shed their black clothes and melt into the crowd.

In Seattle, it was McDonald's and Nike. In Vancouver, Black Bloc members smashed windows at Olympic sponsor HBC's downtown store displaying Games merchandise and sprayed the anarchist circle-A symbol on at least one bus and city vehicle.

With no structure and no purported leaders, they're tough for authorities to pin down.

"What we know is what we pulled up on the Internet," said a spokesperson for the RCMP-led Olympic Integrated Security Unit.

Funny, but close to the truth, says Michel Juneau-Katsuya, an anti-terrorism expert and former member of the Canadian Security Intelligence Service.

There's a lot about Black Bloc actions on the web, but little to help track individuals. They need only show up at protests in the basic uniform — black clothes and a scarf or balaclava — and ready to go.

"Not having any sort of structure to that kind of organization makes it very difficult because basically you're just trying to chase dust," Juneau-Katsuya said. THE CANADIAN PRESS

Advocates had hint about violence

- Free speech advocates say they had a hint that an anti-Olympic protest planned for the weekend would turn violent. David Eby of the B.C. Civil Liberties Association says his group was asked by a faction of the protest group not to send legal observers to the march on Saturday.

Bilodeau's hometown celebrates gold medal

ROSEMERE The town of Canada's first Olympic champion is awash in red scarves.

The town of Rosemere, Que., home of Alexandre Bilodeau, prepared for his Olympic appearance by handing out 6,000 scarves that read "Good luck, Alexandre" and residents took in his gold-medal freestyle ski run at a jubilant tailgate party.

Now they're wondering what to do for an encore.

Mayor Helene Daneault promised yesterday that there would be a big surprise when the local hero returned home.

That won't occur until mid-March at the earliest because Bilodeau will, as usual, be travelling the world for competitions.

The mayor said the young man is highly disciplined about skiing, but is very cheerful and easygoing away from the slopes.

"Obviously he couldn't have such great performances without that discipline," Daneault said.

"(But) he was always taking part when we had community fund-raising events ... (He's) always very jovial and in a good mood."

Rosemere is an upscale, predominantly French-speaking town of 14,000 near Montreal. Bilodeau may not make it home for a while; he has competitions set for Japan, Sweden and Spain, in addition to a national competition in Calgary. THE CANADIAN PRESS

PETER MCCABE/THE CANADIAN PRESS

Rosemere Mayor Helene Daneault proudly wears one of the scarves the town had prepared for Alexandre Bilodeau's Olympic competition.

Court approves $17.5M breast cancer settlement

HEALTH The Supreme Court of Newfoundland and Labrador has approved a $17.5-million settlement in a class-action lawsuit launched by hundreds of patients whose breast cancer tests were botched.

The lawsuit was launched in 2006 after mistakes were detected on hormone receptor tests, which play a large role in determining the most appropriate course of treatment for breast cancer patients. In all, at least 425 patients were affected.

The settlement was reached last October and the court certified it Friday. THE CANADIAN PRESS

m.metronews.ca

ScanLife

The Simpsons' curling adventure is a big hit with the oft-ignored sports Olympians in Vancouver. Scan this code for the story.

Trenton **A family's grief**

PETER REDMAN/THE CANADIAN PRESS

Family members grieve beside the hearse carrying the remains of Cpl. Joshua Caleb Baker, of the Loyal Edmonton Regiment, during a repatriation ceremony at CFB Trenton, Ont. yesterday. Baker was killed in a training accident at a range northeast of Kandahar city on Feb. 12.

Canada to build admin base in Haiti

PORT-AU-PRINCE Canada will help the Haitian government get back on its feet by building an administrative base to replace several buildings in the country's shattered capital.

During a visit to Haiti, Prime Minister Stephen Harper said yesterday that Canada would spend up to $12 million to create a temporary facility to house government departments.

A number of Haitian government buildings have been reduced to rubble, from the presidential palace to the tax department and the education ministry. Workers have been trying to salvage any scraps of documents while bulldozers demolish what's left.

The Canadian-funded base will include soft-covered tents and hard-shelled temporary buildings. It is expected to be up and running for up to a year. THE CANADIAN PRESS

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Gunboat to become part of 1812 exhibit
A British gunboat hull that was discovered on the bottom of the St. Lawrence River in the 1960s will be moved to Prescott, Ont., to be part of a new exhibit on the War of 1812, says Parks Canada. THE CANADIAN PRESS

French furor clouds gold win

Quebec premier, media cite lack of bilingualism during 2010 Olympics

Celebration in Quebec over Alexandre Bilodeau's Olympic freestyle skiing victory is being tempered by anger at a perceived lack of French at the Vancouver Games.

Media outlets are pointing out the irony that while a French-speaking athlete gave Canada its first gold medal, his language was being treated like an afterthought at the Games.

There was a two-page spread in yesterday's La Presse newspaper with headlines like: French as Rare as Snow in Vancouver; and Only 15 Per Cent of 25,000 Volunteers Speak French; and there was one mocking column in the paper partly written in English, titled Proud to be "Canadian" — with the word Canadian written in English.

Federal Heritage Minister James Moore and Quebec Premier Jean Charest have both noted their frustration over the lack of French spoken at the opening ceremonies.

On Quebec's TV talk show, questions are being raised about whether official bilingualism in Canada is actually a facade.

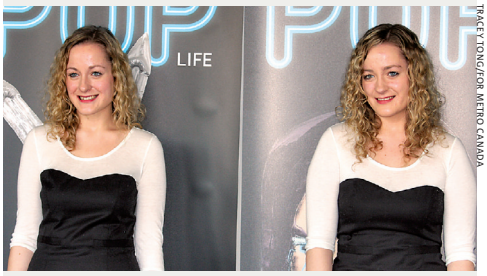
Denis Coderre, the federal Liberal critic for official languages, said he was miffed at being treated like a second-class citizen.

Coderre, who habitually sprinkles his own political speeches with a few phrases of Haitian Creole or Italian, poked fun at the Vancouver organizing committee CEO's failure to do the same.

He said John Furlong could have bothered, over the last several years, to learn a few phrases of French — other than tossing out a token, mispronounced, "Bienvenue" during his address at the opening ceremonies.

THE CANADIAN PRESS

Ottawa **Double your fun**



TRACEY TONG/FOR METRO CANADA

Identical twins and Ottawa residents Isabelle, left, and Sophie Lynch pose at the unveiling of the National Gallery of Canada's 2010-11 exhibition program yesterday. The NGC and British artist Damien Hirst are putting out a call to all identical twins in Canada to become a part of a performance art piece.

Soliders suffering brain trauma: Report

MILITARY Dozens of Canadian soldiers say they suffered mild traumatic brain injuries while serving in Afghanistan, according to the first data collected by the military on what's been called a signature injury of the conflict.

The report, prepared for the military's surgeon general and obtained by The Canadian Press, shows that 6.4 per cent of the 1,817 soldiers surveyed from last January to May 2009 said they experienced a concussion while deployed.

It's the first time the Forces have tracked the injury, which has become a trademark of the wars in Afghanistan and Iraq due to the high rate of exposure to roadside bombs that can jar the brain and cause long-term health problems. THE CANADIAN PRESS

Court martial adjourned

LAW A ground-breaking court martial involving an alleged battlefield execution in Afghanistan has been adjourned to next month.

The court set March 9 for hearing any final legal arguments before the first evidence is delivered March 15.

Capt. Robert Semrau, 36, is charged with second-degree murder and other military offences in the death of a disarmed and badly wounded Taliban insurgent during an Afghanistan operation in August 2008.

THE CANADIAN PRESS

Trial location

- Part of the trial may have to be held in Afghanistan, to take testimony from Afghan witnesses, but the judge says that will be decided later.

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Man dies in Edmonton nightclub shootout

One man is dead and another is in hospital after shots were fired outside an after-hours club in downtown Edmonton yesterday morning. Police say they were called to the area around the Twilight Afterhours club at about 8 a.m. THE CANADIAN PRESS

Soldiers raise $12K for Haitian victims

Victims of the earthquake in Haiti are getting a little help from Canadians deployed to Afghanistan.

Brig.-Gen. Daniel Menard, the top military commander in Kandahar, presented the Canadian Red Cross with a cheque for $12,699 yesterday afternoon. Menard handed over the cheque in front of a memorial for fallen soldiers at Kandahar Airfield.

"I'm extremely proud of the contribution to this effort," he said.

"It clearly demonstrates what our soldiers are all about."

The money, which was raised by members of the armed forces and civilians serving in Afghanistan, will help the survivors of the massive quake that killed some 217,000 people and demolished Port-au-Prince and surrounding villages.

Haiti is also one of the highest beneficiaries of Canadian development funds in the world, second only to Afghanistan.

The donation comes as Prime Minister Stephen Harper is visiting the quake-struck country.

THE CANADIAN PRESS

Helping hand

- Canadians have poured donations into the devastated country, to the tune of $145 million so far, with $124 million to be matched by Ottawa.

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Faroe Islands, Greenland want talks on port closings

FISHERIES The Faroe Islands and Greenland were hoping to resume talks over shrimp quotas after Canada closed its ports to their fishing boats yesterday.

A spokeswoman for the Greenland government, Rosa Thorsen, says all parties are trying to arrange a meeting to resolve the matter.

Federal Fisheries Minister Gail Shea announced the ban Sunday citing the refusal by the Danish territories to accept internationally set quotas for shrimp in waters east of Newfoundland.

The Danish territories have unilaterally set a quota of 3,101 tonnes, almost 10 times greater than the quota set by the Northwest Atlantic Fisheries Organization.

THE CANADIAN PRESS

One in three can expect asthma: Report

HEALTH One in three people can expect to be diagnosed with asthma in their lifetimes, Ontario research suggests.

Researchers followed the medical histories of more than nine million Ontarians for 16 years, between April 1991 and March 2007. A study of the data found the lifetime risk of developing asthma was 33.9 per cent.

"Asthma is a disease that affects a huge number of people, either because they suffer from it personally or because they have a child, another relative, or a friend who does," the study's co-author, Dr. Andrea Gershon said.

Researchers at the Institute for Clinical Evaluative Sciences, the Hospital for Sick Children and Sunnybrook Heath Sciences Centre collaborated on the study, full details of which are published in the Feb. 15, 2010, issue of American Journal of Respiratory and Critical Care Medicine. THE CANADIAN PRESS

News in brief

RALLY Thousands of Canadians marched in memory of murdered or missing women on Sunday, part of Valentine's Day rallies held in Vancouver, Calgary and other centres across the country.

THE CANADIAN PRESS

New weapon in fight against AIDS in Africa?
The Bill&Melinda Gates Foundation is investing about $4 million US to study a Chinese-developed device, the ShangRing, as a new weapon in the arsenal in the fight against AIDS in Africa. The ring-shaped device is mostly painless and requires less time for health workers. THE ASSOCIATED PRESS

World

Fifteen minutes of fame not up yet

The 20-year-old Brazilian student who gained worldwide attention last fall when she was expelled for wearing a miniskirt at her college went through four plastic surgeries so she could parade yesterday on a samba group's parade float at Carnival in Rio de Janeiro. Geisy Arruda, left, will parade in a "Carnivalized" version of the pink dress she wore when she was hounded out of class by catcalling students. THE ASSOCIATED PRESS

Several killed in train collision

BELGIUM A rush-hour commuter train sped through a red signal and slammed into an oncoming train as it left a suburban Brussels station yesterday, killing at least 18 people and disrupting rail traffic in northern Europe. Officials said 80 people were injured, 20 of them seriously. The death toll was not considered final. The impact peeled away the front of one train and threw at least one car off the tracks, severing the limbs of some passengers, witnesses and officials said. THE ASSOCIATED PRESS

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ScanLife
An embattled White House shifts from "hope and change" to directly counter simmering anger among U.S. voters. Scan this code for the story.

Save Haitian heritage sites, officials urge

Haiti's historical heritage risks being bulldozed in the push to rebuild towns and cities flattened by last month's earthquake, a leading cultural official warned yesterday.

"There is a temptation to demolish everything. When the bulldozers come, it's fatal," Daniel Elie, director of Haiti's governmental Institute for the Preservation of National Heritage, told The Associated Press at the Paris headquarters of the United Nations' cultural agency.

Keeping survivors alive and building solid shelter for the 1.2 million made homeless by the Jan. 12 quake are the most immediate priorities. But UN officials say preserving the country's churches, artwork and mementoes from its slave revolt will be crucial for Haitians' long-term emotional recovery.

Haiti Crisis

Cathedrals and other buildings dating to the 17th century were among those damaged, some reduced to their foundations or a lone crumbling wall. In that state, Elie said, their cultural value isn't obvious to demolition teams sent to raze neighbourhoods, he said.

His agency is compiling lists of buildings that should be protected to send around to other government agencies.

Despite the country's current administrative disarray, "We must make everyone, everywhere sensitive to this," he said.

Elie said "the priority of priorities" is restoring the historical centre of Jacmel, a 17th-century town once home to wealthy coffee merchants, and childhood home of Governor-General Michaëlle Jean. About three-quarters of the homes in Jacmel's downtown were damaged.

"The historical centre is the basis of tourism development" as the country tries to recover some semblance of a tourism sector, he said. Haiti wants UNESCO to make Jacmel a World Heritage site. THE ASSOCIATED PRESS

Rio Youngest Carnival queen

MARTIN MEJIA/THE ASSOCIATED PRESS

Julia Lira, the seven-year-old queen of the drums' section of Viradouro samba school, dances during carnival celebrations in Rio de Janeiro yesterday. A family court judge ruled last week that she is allowed to samba before a crowd of thousands at Carnival, a coveted role normally reserved for sultry models.

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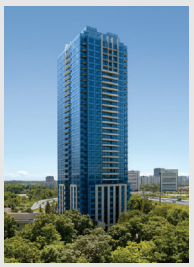
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Malawi police arrest man in sweep against homosexuals
Police in Malawi say they have arrested a man in what they describe as a sweep against homosexuals in this conservative African country. THE ASSOCIATED PRESS

Rescued pooch a fan favourite worldwide

The incredible story of Baltic, the Polish pooch rescued from an ice sheet at sea, has struck a chord worldwide.

KRZYSZTOF MYSTKOWSKI/THE ASSOCIATED PRESS

Baltic, a Polish dog that survived an ordeal of several days on an ice floe, is seen with his new owner Adam Buczynski just before they head out on a three-day mission at sea

The seagoing mutt is being bombarded with email, will likely soon have a Facebook page and one family drove more than 500 kilometres from the Czech Republic in the false hope he was theirs.

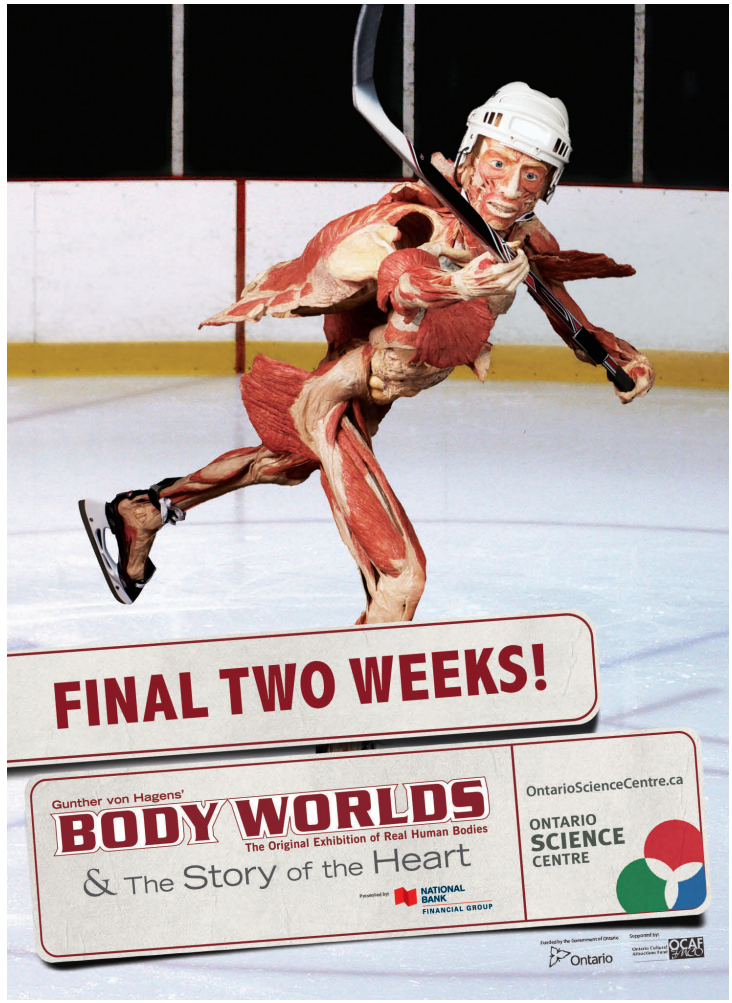
Calls and emails have come in from as far as Australia and Canada praising the crew of a ship that rescued Baltic and pleading for updates and photos too, Ewa Baradziej-Krzyzankowska, the dog's de facto spokeswoman, told The Associated Press yesterday.

Baradziej-Krzyzankowska, who works for the Sea Fisheries Institute in Gdynia, a co-owner of the scientific research ship, said an official Facebook page is in the works to help respond to the deluge of interest in the playful pup.

Baltic was rescued Jan. 25 after the ship's crew spotted him floating 25 kilometres from land, trapped on an ice floe. The rescue was difficult because the frightened dog kept falling into the icy water. THE ASSOCIATED PRESS

News in brief

U.S. A polygamous church in Utah led by Warren Jeffs before he was jailed in 2007 has named a new president who is facing bigamy charges. Wendell Loy Nielsen, 69, was named president in documents filed in Utah. He has long been a leader in the southern Utah-based Fundamentalist Church of Jesus Christ of Latter Day Saints. THE ASSOCIATED PRESS



Dubai says Hamas man killed by European hit squad

Dubai's police chief said yesterday an 11-member hit squad with European passports was responsible for the killing of a Hamas commander last month. THE ASSOCIATED PRESS

MANISH SWARUP/AP PHOTO

Foreign exhibitors look at a bullet-proof armoured vehicle Marksman made by an Indian company Mahindra at the Defense Expo, in New Delhi, India, yesterday.

Guns, tanks displayed at India defense fair

Hundreds of top defense companies displayed everything from guns to tanks yesterday at the largest arms fair in Asia as India plans to spend billions of dollars to upgrade its military hardware.

The country is becoming one of the largest military buyers in the world as its economy grows and it replaces outdated equipment, much of it Soviet-era relics, to supply a 1.3 million-person army.

Some 650 defence companies are participating in DefExpo-India 2010 through Thursday. The United States, Israel, Russia, France and Germany are among countries represented, and the companies attending include Boeing, Lockheed Martin, Thales and BAE Systems.

In the current fiscal year, which ends March 31, India plans to spend $26 billion US (1.05 trillion rupees) on defense, a 10 per cent increase from a year earlier. The country earmarks about 40 to 45 per cent of its budget on purchasing new equipment.

Currently, about 70 per cent of the country's military hardware is imported, a figure India hopes to reduce.

"Our ultimate goal is self-reliance and we will give more opportunities to Indian companies," Defense Minister A.K. Antony told the Associated Press at the fair.

THE ASSOCIATED PRESS

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Comment

Quebec grievance era has passed

Heritage Minister James Moore had a point of sorts in saying there wasn't enough French content in the opening ceremonies of the Vancouver Olympics. There could have been more.

But it was hard to keep from yawning. His complaint sounded 20 or 30 years out of date, from a bygone era. Bilingualism is still a noble cause but in the public psyche it has faded in importance. It was part of the Quebec grievance era. That era, beginning with the arrival of separatist forces in the early 1960s, spanned almost four decades.

It was remarkable when you think about it. Quebec issues dominated the national agenda to an astonishing degree. There was the rise of René Lévesque, the October Crisis, the election of the Parti Québécois, the 1980 referendum, bilingualism uproars, the repatriation debate, Meech Lake, Charlottetown, Jacques Parizeau, Lucien Bouchard, the 1995 referendum, the Clarity Act. There was the run of Quebec-based prime ministers — Trudeau, Mulroney, Chrétien, Martin.

Nothing lasts forever. The grievance era has passed. Nobody gets excited about the separatist threat anymore. Nobody gets excited about bilingualism anymore.

The opening show did spotlight French singer Garou and three of the eight Olympic flag-bearers were from Quebec. Celine Dion had been invited but didn't attend. Games CEO John Furlong said only a handful words in French in his welcoming address. Given his appalling pronunciation we were thankful he stopped at that.

The opening days of the Games had enough misfortunes — the death of the luger, the glitches with the hydraulic lifts at the torch lighting, the spring-like weather. Organizers didn't really need complaints about not enough French to rain further on the parade.

Such complaints may have some merit. But Canadians don't want to hear them any more. They have heard them for 40 years running.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Roller-coaster market can produce wealth

Forget about following day-to-day stock market action. It is too unstable and only breeds nausea, heartburn, and indigestion.

The longer view, on the other hand, can be, and usually is, cheerily optimistic. Despite its recent gyrations, the market, measured by the S&P/TSX Composite Index, is nearly 50 per cent above its bottom of last March.

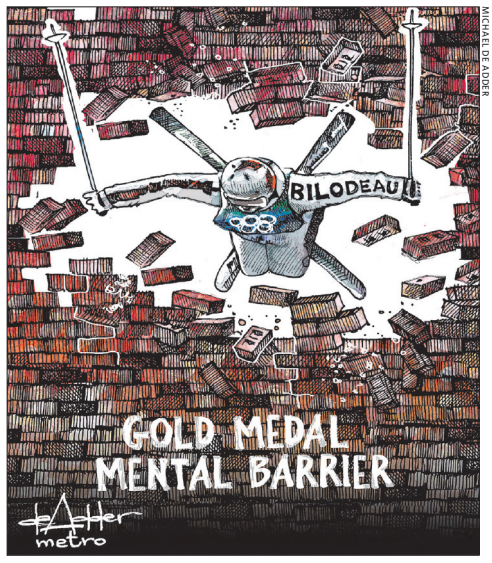
That's very good news. It's sad, then, that so many Canadians have completely missed out on it, with negative consequences for themselves, and the economy. A recent report estimates that over the past year or so, Canadian investors have tucked away as much as $90 billion in hyper-safe but low yielding investments like savings accounts and guaranteed investment certificates rather than chancing the equity market.

It's worth reflecting on this depressing phenomenon here as the end of RRSP season nears. Retail investors have always been creatures of extremes, driven into hiding by bear markets; then becoming cockeyed, nay greedy, opportunists after the bull has taken flight. They almost invariably manage to be counterintuitive, selling low and buying high. In the quest for security, they ignore the fact that a gradual and consistent accumulation of stocks through good times, and especially bad times, eventually produces wealth.

In part, the risk aversion is understandable. A whiff of casino atmosphere has always hovered over the stock market, and we've just been through the worst of a recession that has ruthlessly pared jobs and incomes.

But think longer term. Freight car loads of personal finance books and miles of copy on the subject in the popular press have failed to convince investors to build their wealth the sensible way, by making a long-term commitment to stocks, and by patiently riding out the rough patches.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



MICHAEL DE ADDER

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World nearing 5 billion mobile phones

Mobile phone subscriptions worldwide has reached 4.6 billion — with no drop in demand even during the economic crisis — and is expected to increase to five billion this year, the United Nations' telecommunications agency said yesterday. THE ASSOCIATED PRESS

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Toyota gets more safety complaints

AUTO The U.S. government has received new complaints alleging 34 deaths in Toyota vehicles due to sudden acceleration since 2000. Many of the complaints have been filed in the past three weeks.

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Freestyle Moguls skier Alexandre Bilodeau, left, celebrated at the McDonald's at the Olympic press centre within hours of winning Canada's first gold medal on Canadian soil. Canada Post plans to issue a stamp to honour the win.

Marketing gold

Bilodeau's win opens door to corporate Canada

Just hours after his gold-medal win in freestyle moguls Sunday, Alexandre Bilodeau celebrated with a trip to a local McDonald's, scarfing down a Big Mac and fries after posing for a publicity shot.

The medal — the first ever Olympic gold won on Canadian soil — will likely lead to many opportunities for the 22-year-old skier to partner up with corporate Canada.

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ScanLife
Iceland's government hopes to dodge a referendum on a controversial debt payment plan with new negotiations in Europe. Scan this code for the story.

For Bilodeau, accolades began to rain down almost as soon as he had posted the win. The Royal Canadian Mint and Canada Post plan to honour the Quebecer's victory with the immediate release of gold medal commemorative coins and stamps. THE CANADIAN PRESS

Jones gets 11 years for fraud

SENTENCED Disgraced financial adviser Earl Jones received an 11-year sentence yesterday for orchestrating a massive fraud scheme, and the judgment was even more severe from the people who used to love him.

"He can rot in hell," said Bevan Jones, who came to the courthouse to watch his sibling get sent away.

Earl Jones

Earl Jones, 67, sat in the prisoner's dock with his head buried in his hands as the judge read his sentence.

He pleaded guilty last month to running a $50-million pyramid scheme that lasted more than 20 years. THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Self-employed blues

AlisonOnMoney

It was a sad day when I sold my 1971 avocado-hued, Karmann Ghia. Oh sure, this "sports car of the people" didn't have the power or handling of its richer cousin, the Porsche. But it was a sexy number for a freelance writer to bomb around the streets of Vancouver.

Therein lay the problem — freelance writer, i.e. self-employed, ergo a bad credit risk. Though I supplicated myself trying to borrow $4,000 to buy a first computer, my little, green beauty ended up financing my technology upgrade.

Later, I hoped for better luck with a mortgage. I had 30 per cent saved but when the loans officers saw my income tax return they couldn't show me the door quickly enough.

The banks only took into account taxable income while I, like most self-employed, had many more deductions, such as use of home and auto, to lower that figure. Even with a hefty gross income, the self-employed have historically come up short as credit worthy.

ALISON'S MONEY RULE
It can be challenging for the self-employed to get a mortgage but ship-shape finances will put you on same footing as the average working stiff.

But that's changing, according to mortgage agent Dianne Chafe with Oriana Financial in Toronto. "Financial institutions are more and more willing to look at gross income," she says. "If your finances are in good shape you should be able to get as good a rate as an employed person."

Here are four tips to ensure the phrase "self-employed homeowner" isn't an oxymoron for you.

1 Aim for 20 to 25 per cent down to reduce debt load and avoid expensive mortgage insurance.

2 Be able to prove you have been in business for at least two years. The easiest way to do this is to register your business. Check canadabusiness.ca/eng/guide/1282/.

3 Do a credit check on yourself to make sure there are no surprises.

4 Even though some lenders will take into account gross income (assuming your financial nose is clean), keep your total debt servicing — mortgage, condo fees, property tax, utilities and non-mortgage debt — as close as possible to 40 to 44 per cent of your net income.

If you work for yourself, follow these tips for a successful mortgage hunting experience.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Renovation credit for last year only

MoneyMatters

Q We bought our first home last year, using our RRSPs First-time Home Buyer's Plan for our down payment. The home required extensive renovations. Can I use the maximum home renovation credit for 2009 and carry the unused amount to next year?

— Jake and Allison

A You may claim the home renovation tax credit maximum of $9,000 ($10,000 less $1,000) for 2009. This was a one-time economic stimulus credit that applies only to 2009. Excess amounts may not be carried forward.

The federal government also has provided a $5,000 first-time homebuyer's tax credit for 2009.

When filing 2009 tax returns, look for other non-refundable tax credits:

- Tax credit for children under 18 at end of the tax year. No receipts required.
- Caregiver amount for parents or grandparents over 65 years. No receipts.
- Canada employment credit — every employed individual can claim. No receipts required.
- Public transit — keep passes. Receipts required.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

PARTICIPANTS WITH DIABETES NEEDED FOR INTERNET STUDY

We are investigating how online message forums where people share health information are used to learn about living with diabetes. The study focuses on how words are used to search and find health information that is considered to be believable or trustworthy. This study will take place on the St. George (downtown) campus of the University of Toronto.

Please contact us for participation details if you:
- Are 18 years of age or older and have experience participating in web-based health forums
- Have diabetes, and are able to read and write English

To participate or for more information, please email the study coordinator, Jill at tagcloudstudy@gmail.com or leave a voice-mail at 416.946.3905. **A $50 honorarium will be provided to eligible participants who take part in this study.**

The principal investigator for this study is Stephen Hockema, Ph.D
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Varadero
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Bahamas Atlantis, Air + 3 Nights $779
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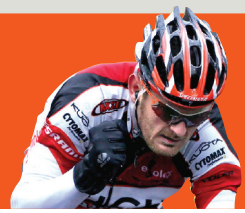
TICO

Canadians to face Maradona's squad

Canadian soccer history will be made this spring when the national men's side travels to Buenos Aires to face Diego Maradona and his tremendously gifted, notoriously flawed Argentina team just weeks before the World Cup opens in South Africa. The friendly match will mark the first time Canada and Argentina have met in international men's competition. THE CANADIAN PRESS

Sports



Warrant issued for Landis

A French judge has issued a national arrest warrant for U.S. cyclist Floyd Landis, left, in connection with a case of data hacking at a doping laboratory, a prosecutor's office said. Landis denied the hacking allegations in an email to the Los Angeles Times yesterday and said no warrant has been served against him.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Bosh says Raps should stand pat

NBA trade deadline looming

Chris Bosh will get on a plane with the rest of the Raptors sometime Thursday afternoon to head to the New York area for a Friday night game in New Jersey.

The flight will coincide with the NBA's trade deadline — 3 p.m. on Thursday — and if Bosh gets to his hotel and his 13 teammates are the same as the group he left with, he'll be fine with that.

"I'd be happy if he didn't make a trade, we have a team where I think we're playing well and the different guys we have at each position are doing well so I don't know if we need one," Bosh said after his sparkling performance in Sunday's all-star game.

But that's just Bosh's opinion and it's not based on any real fact. He admits to being like so many fans in the time leading up to the deadline in that he can't tell what's real and what's made up.

"I really don't know what's on the table or what could happen, but I don't think so," he said.

League sources categorized the Raptors as quiet during the all-star weekend and the over-riding sense is that president and general manager Bryan Colangelo won't do anything of substance before Thursday.

The bigger names in play, according to numerous published reports, are Phoenix's Amar'e Stoudemire and Houston's Tracy McGrady. If Stoudemire ends up with the Cleveland Cavaliers it likely wouldn't do anything to change Cleveland's place in the standings (the Cavs are first overall in the league anyway) but it could spur a team like Boston to make a deal to stay competitive. If Stoudemire ends up in Miami there's every chance the Heat would be able to put pressure on Toronto and Charlotte in the current race for fifth.

TORSTAR NEWS SERVICE

JED JACOBOHN/POOL/THE ASSOCIATED PRESS

East All-Star Chris Bosh of the Toronto Raptors shoots against West All-Star Pau Gasol of the Los Angeles Lakers on Sunday at the NBA all-star game in Arlington, Texas.

m.metronews.ca

SCANLIFE

A remade Dallas Mavericks squad exits the break looking to challenge the Lakers' dominance

Sports in brief

SOCCER England's Premier League is reportedly considering the introduction of playoffs to decide which team takes its fourth Champions League place. The top four clubs currently qualify automatically for Europe's top club competition but The Guardian newspaper says the Premier League could reduce that to three and give the final place to the winner of end-of-season playoffs involving teams finishing fourth through seventh.

NHL Tampa Bay's Steven Stamkos, Philadelphia's Michael Leighton and Dallas' Marty Turco are the NHL Three Stars of the week. Stamkos led all scorers last week with nine points, including three goals, in four games. The 20-year-old centre is tied for fourth overall in the goal-scoring race, with 35, and is seventh overall in points with 70.

METRO NEWS SERVICES

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Majors retire Kelly's jersey
Hockey legend Red Kelly was at the Hershey Centre in Mississauga yesterday as his No. 3 jersey was retired prior to an Ontario Hockey League game between the Mississauga St. Michael's Majors and Erie Otters. THE CANADIAN PRESS

Jays' lineup up in the air

There are only a handful of Blue Jay regulars in camp in Dunedin, Fla., but all are brave enough to wear shorts working out in one of the coldest Februarys in recent memory.

This spring training feels like the first day of school, with dozens of new faces — including 32 pitchers — due in camp. (Pitchers and catchers are due Feb. 22; all others will be in by Feb. 25.)

That's an unusually high number of arms, regardless of the fact the Jays enter their first season in 12 years without Roy Halladay.

While competition for jobs at last year's spring training was mostly over before it even started, this year's job fair is wide open, especially when it comes to pitching.

Ricky Romero was among those braving the chilly temps yesterday and he likely holds the inside track to start Opening Day in Texas on April 5.

That honour could fall to Shaun Marcum, but the right-hander is coming off elbow surgery and hasn't pitched in the majors since September 2008.

Brian Tallet and Brandan Morrow, a former first-round pick acquired in a trade with Seattle, should factor into the next two spots.

Vying for the last spot in the starting rotation are lefties Marc Rzepczynski, Brett Cecil and David Purcey. Also in the hunt are Dana Eveland, acquired from the Oakland A's, and Canadian Scott Richmond.

The bullpen is even more wide open, and the club has yet to settle on how it will use its top three closer candidates — Kevin Gregg, Jason Frasor and Scott Downs.

Whatever the outcome, the Jays will leave Dunedin in six weeks with a younger team.

Aaron Hill, a 2009 all-star and one of premier second baseman in the game, is intrigued by the major-league ready youth in the Toronto organization.

One player in particular who piques his curiosity is Joey Gathright, the former Tampa star who has bounced between Kansas City, Boston and the Cubs over the past two seasons.

Joey Gathright

Gathright was once considered the fastest man in baseball, and in 2006 held the highest rating among American League outfielders in terms of range and defence. But Gathright — with only one career homer — took on a bit part with playoff-bound teams, primarily used for his pinch-running ability.

The question is whether or not he can recapture the promise of his rookie season four years ago and challenge for the leadoff spot in the Jays' batting order.

Hill, who joins Adam Lind and Vernon Wells as the Jays' chief run producers, is anxious to see what Gathright can do.

"I'd love to see more bags (stolen bases and base running)," Hill said. "I just hope our younger guys realize the chance they have here. There is a lot of opportunity in the organization for them to step up and make the big leagues. That chance doesn't come along often." TORSTAR NEWS SERVICE

Few game breakers on CFL free-agent market

FOOTBALL Amidst the workouts and the waiting, Byron Parker has been watching. From his off-season home in Atlanta, the veteran CFL cornerback stumbled across an Olympic biathlon broadcast over the weekend and was astonished to learn that "guys are getting medals for skiing and shooting BB guns."

Parker has spent the winter wondering what kind of reward he might receive when he became a free agent. The 28-year-old was set to find out this morning, when a modest group of established free agents would be free to sell their services to the highest bidder.

Some of the biggest names had already re-signed with their teams before the deadline, including Calgary running back Joffrey Reynolds and Saskatchewan receiver Andy Fantuz. Only two established running backs (Toronto's Jamal Robertson and Saskatchewan's Wes Cates) and one quarterback (Saskatchewan's Steven Jyles) were left on the market heading into the free-agent period.

"I think my phone should be ringing," Parker said.

Some teams had more pending free agents than others, but none more than Saskatchewan and Toronto.

The Argos, following a CFL-worst 3-15 season, were not planning to re-sign receivers Reggie McNeal or PK Sam, nor did they expect to retain Robertson, their running back.

"Most teams have done a good job of signing their guys," Toronto general manager Adam Rita said. "You've got to kind of worry about a guy who's not been signed yet." THE CANADIAN PRESS

Dorsey

- The Argos have been in talks with return specialist Dominique Dorsey, but had not reached an agreement as of yesterday afternoon.

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Weir pondering quadruple jump
Three-time U.S. champion Johnny Weir is considering bringing back a quadruple jump in his free skate for the Vancouver Olympics. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Marty's last stand?

Veteran goalie ready for fourth Olympics

Martin Brodeur thought his Olympic dream had ended.

As the disappointment of a seventh-place finish truly began to set in four years ago, the veteran goaltender wondered if he'd played his last game for Team Canada. The Vancouver Games seemed a long way away at that point, and Brodeur knew it was far from certain he'd still be among the best in the game at age 37.

Yet, here he is, back for a fourth Olympics and still among the league leaders — first in shutouts and second in victories at about the three-quarter mark of the season.

"After the last one, I didn't know where my game was going to be at," Brodeur said in a recent interview. "I'm excited to still be on top. Playing well, feeling good. I have that drive to play. I think that's the thing, when you get a little older, wanting to play and wanting to be the guy (is important)."

There's a good chance Brodeur will end up being the guy for Canada during these Olympics. Even though Brodeur and Roberto Luongo have each had some recent struggles, they're likely Nos. 1 and 2, with Marc-Andre Fleury sitting in the third spot.

No Canadian goalie can match Brodeur in terms of experience. And with seven shutouts already this season, there's reason to believe he's still on top of his game.

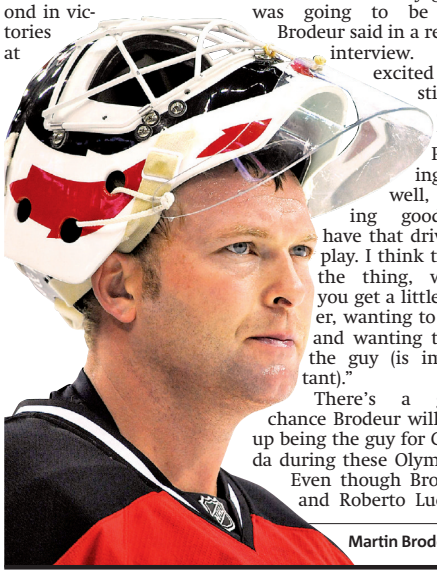
"You look at the year he's having, wins and statistics don't lie," said Canadian defenceman Chris Pronger.

"He's certainly playing very well ... A guy with his experience and his credentials is certainly somebody you want between the pipes in the big games."

Interestingly, Brodeur grew up only a few blocks from Luongo in Montreal and both were also part of the 2006 Canadian Olympic team. The one thing that stands out for Luongo about his teammate is the chasm between his on-ice and off-ice personas.

"He's a big competitor," said Luongo.

"The thing I like about him the most is he's laid back and he has fun with it. You see him before a game, he's very relaxed and joking around with guys ... But you know deep down inside he wants to win just as bad as anybody else." THE CANADIAN PRESS



Martin Brodeur

Luongo gets nod

- Roberto Luongo will be Team Canada's starting goalie for the first game of the Olympic men's hockey tournament.
- Coach Mike Babcock said the Vancouver Canucks goaltender will start tonight against Norway while Martin Brodeur gets Switzerland Thursday.

Cross-country **Swedish gold**

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Gold medal winner Charlotte Kalla of Sweden is flanked by silver medal winner Kristina Smigun-Vaehi from Estonia, left, and bronze medal winner Marit Bjoergen of Norway yesterday after the women's 10-kilometre cross-country ski race at the 2010 Olympics in Whistler, B.C.

Getzlaf cleared for action as Team Canada roster finalized

HOCKEY Ryan Getzlaf has been cleared to play for Team Canada at the Olympics.

The Anaheim Ducks centre missed a couple NHL games this week with a sprained left ankle, but was given the thumbs-up to compete for Canada one day after scoring four points in his return to the lineup.

As a result, Canada will enter the men's Olympic tournament with the same 23 players executive director Steve Yzerman announced Dec. 30.

Getzlaf was really the only question mark. Team Canada associate director Doug Armstrong travelled to Edmonton to watch him play Sunday and Getzlaf responded with two goals and two assists in an Anaheim victory.

After the game, he expressed hope that he would be included on the final Canadian roster.

"In my mind, it's pretty made up," said Getzlaf. "Obviously, I would like to be there."

The roster was officially submitted yesterday and cannot be changed at any point during the event.

The Canadian team opens the tournament today against Norway (noon ET, CTV).

Philadelphia Flyers forward Jeff Carter flew to Vancouver Sunday in case Getzlaf was unable to compete and headed home without ever having stepped on the ice at Canada Hockey Place.

After arriving at the airport, he admitted to having some mixed feelings about the situation, but said it was encouraging to be considered the team's first alternate.

"It's always nice to know that you're still kind of in the loop," said Carter. "It's a tough situation to be in." THE CANADIAN PRESS

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	Switzerland	3	0	0	3
	Norway	0	2	1	3
	Italy	0	1	2	3
	South Korea	1	1	0	2
	Czech Republic	1	0	1	2
	Netherlands	1	0	0	1
	Slovakia	1	0	0	1
	Sweden	1	0	0	1
	Australia	0	1	0	1
	Estonia	0	1	0	1
	Poland	0	1	0	1

Alberta's Robertson wins silver

JEFF HODSON
jeff.hodson@metronews.ca

SNOWBOARD CROSS Canadian snowboarder Mike Robertson said it was a bittersweet moment when he glanced over while blazing down the snowboard cross course at Cypress Mountain and realized American Seth Wescott would repeat as Olympic champion.

"Obviously I wanted to win," said Robertson, who won Canada's fourth medal, a silver, yesterday in men's snowboard cross. "But I'm so happy to be second. It's amazing."

"Obviously I wanted to win. But I'm so happy to be second. It's amazing." Mike Robertson

Robertson, 24, dominated much of the final race. After battling early with American Nate Holland, he took a commanding lead, but missed a landing late in the race. The error allowed Wescott, the defending gold medalist, to quickly close the gap and nose Robertson into second. France's Tony Ramoin took bronze.

Afterwards, Robertson praised the American as a "big event rider."

At 33, Wescott becomes the oldest athlete to medal in a snowboard competition.

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Germany's Pechstein hopes to compete despite ban
Five-time Olympic speedskating champion Claudia Pechstein of Germany says she has appealed to the Court of Arbitration for Sport hoping to compete at the Vancouver Games despite her doping ban. THE ASSOCIATED PRESS

Vancouver Games

Almost ready to toss some rocks

After much anticipation, Canadian curler Cheryl Bernard hits the ice today

Curler Cheryl Bernard won't have much time to get her feet wet at her first Winter Olympics.

The Calgary skip will make her Games debut today in front of what's sure to be a raucous Vancouver crowd and will square off against the woman who has claimed the silver medal in each of the last two Olympics, Switzerland's Mirjam Ott.

Easing into the tournament against a tough opponent, Bernard isn't worried.

"They're an offensive team and they'll go at it and I don't mind that game at all," Bernard said yesterday after her final training session in Vancouver. "I'm looking forward to playing them."

The 43-year-old, who clinched her spot at the Olympics by winning the Canadian curling trials last December, sounded as though she'd take on just about anyone if it meant finally getting the Games underway.

"I came in (the media area) and I said, 'I don't know what else I have to say because we haven't played yet,'" Bernard said to reporters with her customary off-ice laugh.

NATHAN DENETTE/THE CANADIAN PRESS

Team Canada second Carolyn Darbyshire, centre, jokes as skip Cheryl Bernard, left, and lead Cori Bartel smile during practice at the Olympic Centre yesterday at the 2010 Olympic Winter Games in Vancouver. The Canadian rink will take on Switzerland today.

While Bernard will open with a difficult matchup against Ott, the odds were quite high her first round-robin contest wouldn't be a walk in the park.

The women's Olympic curling field is deep and there's no shortage of teams that could wind up on top of the podium.

Sweden's Anette Norberg is the defending Olympic gold medallist and a two-time world champion.

China's Bingyu Wang won the world championship last year and has been picked by some to claim gold in Vancouver.

And then there's Ott. With her two Olympic runner-up performances, the Swiss skip has become something of international curling's bridesmaid.

But she insisted she will be perfectly content with another silver, or even bronze, and appeared just as eager as Bernard to get the tournament underway.

"Now all the jet lag is gone, we are used to the Olympic village, we are used to all this entourage, the security, so we are really ready to start and happy that we can start (today)," she said.

THE CANADIAN PRESS

Drought

- Cheryl Bernard will be attempting to claim Canada's first women's gold in curling since Sandra Schmirler in 1998.

No sentimental victory for Guay

SKIING Being the top Canadian didn't mean much to Erik Guay after the host country was shut out of the medals in the men's downhill at the Winter Olympics yesterday.

The race was won by Switzerland's Didier Defago in one minute 54.31 seconds. Guay, from Mont-Tremblant, Que., was fifth in 1:54.64

"It's heartbreaking a little bit to be fifth," said Guay. "You hope and pray for Olympic miracles. I would have loved to be on the podium but fifth place is where I am standing."

THE CANADIAN PRESS

Canuck boarders told to loosen up

CLOTHING When Olympic snowboard cross racers hit the mountain for the last day of training before the men's event, their conversation slopeside included strategy, track conditions and fashion — especially the Canadians' ever-so-tight snowpants.

American boarders, riding in their baggier gear, have been gently ribbing the Canadians during training runs, telling them to loosen up a little.

"We want to keep the cool factor in snowboarding, we don't want it to go speed suits," Nick Baumgartner said on Cypress Mountain.

Canadian snowboarder Robert Fagan

Fellow U.S. rider Nate Holland said the Canadian team is pushing the limits of a long-standing gentlemen's agreement to keep boardercrossers in loose-fitting pants.

The form-fitting team pants worn by some Canadians give them an aerodynamic edge and even threaten the future of snowboard cross itself, he said.

"It's the red-headed stepchild of snowboarding, and so I think it's just really important to keep that integrity intact," Holland said after the last day of men's training before yesterday's Olympic event.

"I'm a snowboarder through and through and boardercross is a freestyle snowboarders' race. I think it should stay that way."

THE CANADIAN PRESS

Canada headed to semis after Swiss blowout

HOCKEY Canada punched its ticket to the semifinals of the Olympic women's hockey tournament yesterday with a 10-1 win over Switzerland.

The Canadian women improved to 2-0 and aim to finish first in Group A with a win over Sweden in the final preliminary-round game for both countries tomorrow.

Meghan Agosta of Ruthven, Ont., led Canada with a pair of goals. Jayna Hefford of Kingston scored her second shorthanded goal of the tournament and the hosts also got goals from Montreal's Catherine Ward, Marie-Philip Poulin of Beauceville, Que., Toronto's Cherie Piper, Gillian Apps of Unionville, Ont., Rebecca Johnston of Sudbury, Sarah Vaillancourt of Sherbrooke, Que., and captain Hayley Wickenheiser of Shaunavon, Sask.

Darcia Leimgruber scored Switzerland's first goal ever against Canada in women's hockey late in the second period.

The top two teams in each group advance to the semifinals Feb. 22.

The top seed crosses over to play the runner-up in the other pool in the semis.

THE CANADIAN PRESS

Scoring onslaught

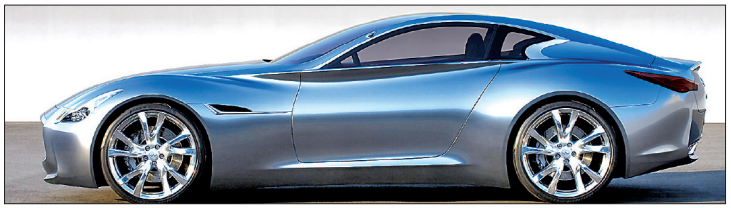
- Canada, the defending Olympic champion, has outscored its opposition 28-1 in its first two games.

Show times and dates

The 2010 Canadian International Auto Show continues at the Metro Toronto Convention Centre till Sunday. Daily hours are from 10:30 a.m. to 10 p.m. and final day from 10:30 a.m. to 6 p.m. Visit autoshow.ca for more information. METRO NEWS SERVICES

2010 Auto Show

EDITOR: KUMAR.SAHA@METRONEWS.CA



The Infiniti Essence Concept is on display at the 2010 Canadian International Auto Show in Toronto.

Shapes of things

Nissan expert talks future of car design

MICHAEL GOETZ
for Metro Canada

It's a work of art. But it's not hanging in a gallery. It's sitting on a stage at the Toronto auto show.

The Infiniti Essence concept debuted at the most recent Geneva international auto show. That show is traditionally the big showcase for exotic European makes, but the Essence stole their thunder and then some. Needless to say, Essence is by far the most striking vehicle at this year's show in Toronto.

Bruce Campbell, vice-president of Nissan Design America, had the honour of presenting the Essence and the all-new Infiniti M35 and M56 luxury sedans to the Toronto media. Before he did that, however, Metro had a chance to sit down with him, to discuss Essence and what it means for Infiniti design.

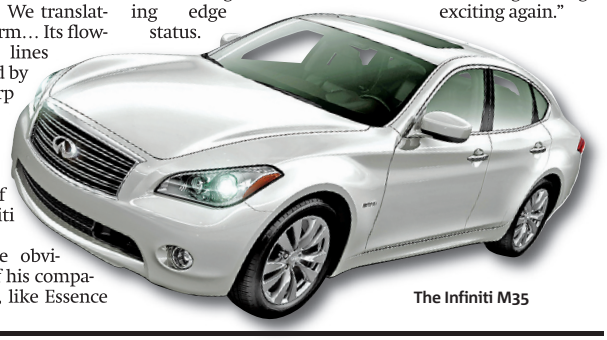
"In the case of the Essence, we looked to nature and to music to inspire us," says Campbell. "Music has rhythm, tone, crescendos, tension… We translated that into form… Its flowing rhythmic lines are punctuated by razor sharp lines."

Campbell adds that Essence "will be the heart of future Infiniti design."

While is he obviously proud of his company's successes, like Essence and the new Infiniti look, he is also candid about the challenges that he and other designers currently face in the marketplace. When he was a featured speaker at the design forum held in conjunction with the 2010 Detroit auto show, he spoke about the "sameness" that is creeping into too many new automotive designs.

"We're pretty much all guilty of it," said Campbell.

He believes three factors are behind this: a scary economy, global car lines, and uncertainly about where the technology is taking us. For Campbell, this means automakers are less likely to take design risks for economic reasons, and new technologies, like electric cars, are being forced into period clothing not befitting their leading edge status.



The Infiniti M35

On the web

- Metro writers Jil McIntosh and Michael Goetz give you the lowdown on the Toronto auto show. Visit metronews.ca/blogs to read their rants and raves.

"In the case of the Essence, we looked to nature and to music to inspire us."
Bruce Campbell, VP of Nissan Design America

When it comes to electric technology, Campbell believes designers have yet to realize, "the beauty and great opportunity of this new expression."

But the good news, says Campbell, is that all those factors are temporary. The economy should rebound, and after all the automakers go global in a big way, the dust should settle.

Getting more exciting electric design, however, will only come after this first wave of electric vehicles comes to market, and people are finally comfortable with the technology.

"This first generation of electric design has to get over this hump. After we've done that, things will get exciting again."

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And now for some good news.

We don't mean to boast, but last year 59 auto journalists from 25 countries declared the new Golf the 2009 World Car of the Year. In their words, the new Golf "feels more expensive than other family hatches, thanks to its solid build and high quality cabin." They also said, "sitting on an outstanding chassis, the VW is more refined than its rivals." We're flattered. And also a bit surprised that so many people from so many countries could reach an agreement on anything.

Then the Automobile Journalists Association of Canada gave three of our vehicles AJAC awards. The 2010 Touareg TDI Clean Diesel won for Best New SUV/CUV $35,000 – $60,000. The 2010 Golf Wagon TDI Clean Diesel won for Best New Family Car under $30,000. And the 2010 Golf GTI won for Best New Sports/Performance Car under $50,000. Not bad considering only 12 awards were handed out, not that we're counting.

And it isn't just the press that's taking notice either. Volkswagen recently became the third-largest automaker in the world. Which means that a lot of people gave us something far more important than any award: a space in their driveway. And to us, that's the best news of all.

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CUSC results show positive feedback of small institutions
According to a sample of results from the Canadian University Survey Consortium, graduating students from small campuses reported the highest levels of satisfaction regarding their undergraduate experience. METRO NEWS SERVICES

Workology

Environmental sector set to boom

According to a report released last week by the Canadian Council on Learning, the labour demand in the environmental sector is expected to increase by nearly 40,000 jobs by 2011, yet enrolment in post-secondary environmental programs has decreased by nine per cent since 1999. To increase the supply of graduates from environmental programs, the CCL recommends educating teachers and students about the diversity of jobs available in the sector. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Sirius-ly into sending signals

JON TATTRIE
for Metro Canada

Sirius Canada Satellite Radio is getting seriously big, as the four-year-old company cruised past the million-subscribers mark recently and CEO Mark Redmond plans to take the company wider and deeper into the lives of Canadians.

Mark Redmond is the CEO of Sirius Canada Satellite Radio.

"It was our most significant milestone to date," he says. "It reiterates what we've believed all along, which is that this technology and service (has) a tremendous market opportunity."

The final growth spurt to hit a million came during a recession that saw auto companies take a beating. That didn't faze Sirius, though a big chunk of their business is getting satellite radios into cars. "We were able to grow not only our revenue and subscribers, but also improve our financial position," Redmond says, boasting of being cash-flow positive for a string of quarters now. "We are profitable."

Redmond, who was born in Halifax, worked for 17 years with Thomson, a global player in digital video, before joining Sirius U.S. He spent a year there learning the satellite radio ropes before returning to Canada to launch Sirius here in 2005.

Sirius Canada's licence was finally approved in September 2005 and they launched on Dec. 1. "It was a mammoth undertaking," he recalls.

His goal then was to build the brand so Canadians knew what Sirius was offering. Now that one in thirty of us have signed up, Redmond credits the product itself: 120 channels, mostly commercial-free, covering sports, talk, entertainment, music and, of course, Howard Stern.

"You can listen to it from coast to coast, so if you get into a market like Halifax, where your choices become limited, we bring in 120 channels of variety and content. At $14.99, it's a pretty compelling offer," he says.

The goal now is to keep those million clients — Redmond says customer satisfaction is better than 90 per cent — to draw more and get existing clients to add services to the cottage, RV, boats and secondary car. Sirius recently released an app for the iPhone and iPod Touch that lets subscribers listen on those devices.

"You can listen to it from coast to coast, so if you get into a market like Halifax, where your choices become limited, we bring in 120 channels of variety and content. At $14.99, it's a pretty compelling offer."
Sirius Canada CEO Mark Redmond

Asked what Sirius is working toward now, he says, "The next million. Hopefully it will come a little quicker."

Sirius U.S. merged with satellite radio rival XM in the States and Redmond says it could happen here. "We have a pretty strong and dominate market position that's making money and generating cash and our competitor's position is clearly different than that."

Workology in **brief**

DEAL WITH UREGINA COULD KEEP FNUC OPEN Following discussions with Federation of Saskatchewan Indian Nations chief Guy Lonechild and University of Regina president Vianne Timmons, Saskatchewan Advanced Education Minister Rob Norris says "a window of opportunity exists" regarding a new deal between the First Nations University of Canada and uRegina that would keep the former open. The deal would not mean the province will restore funding withdrawn from FNUC, but a partnership between the two universities would see the money flow through uRegina. If plans proceed, FNUC students could attend classes in the fall at the same facility and be taught by the same professors.

FEMALE STUDENTS AT UWINDSOR WARNED FOLLOWING CAMPUS SCARE University of Windsor campus police are encouraging students to take self-defence classes after the latest in a series of events involving strange men and unsuspecting female students. Last week, a man accosted a female student studying in the CAW Student Centre and followed her briefly after she packed her things and left. The incident follows recent reports of men spying on women in the showers of a co-ed residence. Campus police have stepped up foot patrols in the residence, and uWindsor plans to install a new lock system in the building.
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B.C. proposes new Emily Carr campus
In its throne speech on last week, the B.C. government announced it will establish a new campus for the Emily Carr University of Art + Design near the Centre for Digital Media at the Great Northern Way Campus in Vancouver. METRO NEWS SERVICES

Workology in **brief**

$40M FOR MICROELECTRONICS The federal government announced last week, a five-year, $40 million investment from the Natural Sciences and Engineering Research Council in CMC Microsystems, a non-profit organization whose headquarters are located at the Innovation Park at Queen's University. CMC Microsystems provides resources that make microsystems research and development possible in universities across Canada.

NEW LAKEHEAD PRESIDENT NAMED Lakehead University announced last week that Brian Stevenson, the current provost and vice-president (academic) at the University of Winnipeg, will become the Thunder Bay-based institution's sixth president and vice-chancellor on Aug. 1, following the retirement of current president Fred Gilbert. Stevenson has an extensive background in international affairs. METRO NEWS SERVICES

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RAFAEL BRUSILOW/FOR METRO CANADA
Kiyomizu Japanese Restaurant opened 25 years ago before the recent condo boom.

Population fuels biz boom in Willowdale

Small Business **City**

RAFAEL BRUSILOW
for Metro Canada

Business thrives where customers are numerous and plenty of feet on the street have made business in Willowdale very good indeed.

An influx of young professionals into condos along the Yonge Street corridor and high-income earners into the surrounding community in the last decade have seen many new businesses pop up and created a big-city vibe in a community traditionally known for its laid-back feel.

Centred on the stretch of Yonge that runs from Sheppard Ave. to Finch Ave., the Willowdale business community is as much of an eclectic mix as the residents that live there, with small businesses sharing the pavement with major brands.

RAFAEL BRUSILOW/FOR METRO CANADA
A shot outside of Kiyomizu Japanese Restaurant.

Bill Hidvegi, co-owner of Smokey Joe's Cafe (4899 Yonge St.) says the cultural mosaic of Willowdale makes running a business not only lucrative, but fun.

"There are great people here and a wide mix of nationalities that make for a friendly, party atmosphere. It's different from the downtown crowd," Hidvegi said.

"There are great people here and a wide mix of nationalities that make for a friendly, party atmosphere."
Smokey Joe's co-owner Bill Hidvegi

When a Japanese, Cajun and Indian restaurant can all thrive within a few metres of each other, there's definitely an impressive sense that people are mixing well in a community.

CONT. ON NEXT PAGE>>

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Crime doesn't stop during a recession, and police officers and security specialists continue to be in demand. There are threats from organized crime, gangs, terrorism, fraud and shortages of Police personnel, with many now serving, reaching retirement age. Police services are recruiting for diversity as they want the face of the next generation of police to be as diverse as Canada.
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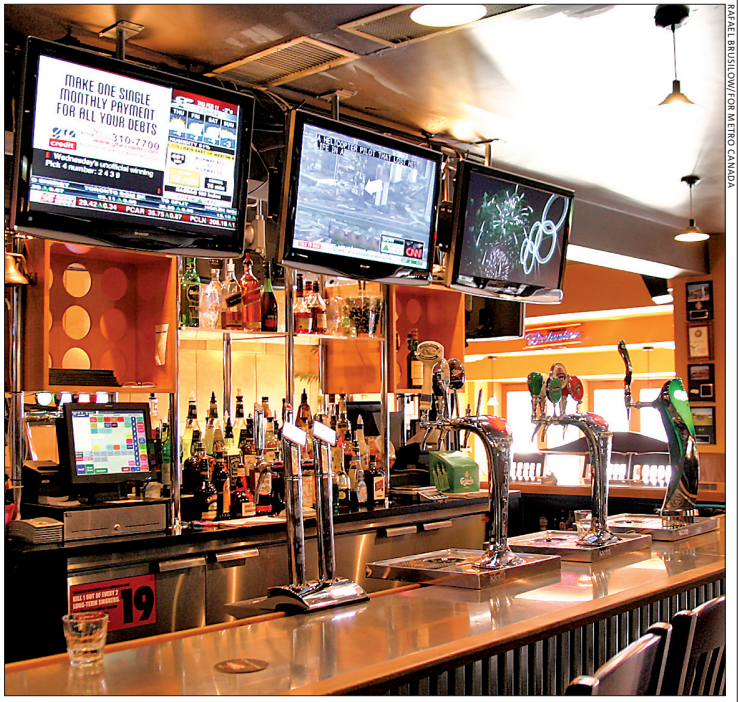

RAFAEL BRUSILOW/FOR METRO CANADA

A co-owner of Smokey Joe's says the cultural mosaic of Willowdale makes owning a business here fun.

Fierce competition north of the 401

<<CONT. FROM LAST PAGE

"Even the restaurants here are very varied and there's a feeling that all this variety is a good thing. People just seem to blend very well here," Hidvegi said.

With all the new residents — and new businesses — coming into Willowdale, it's only natural there's a healthy sense of competition among business owners.

Au Ju manages the Kiyomizu Japanese Restaurant (41 Spring Garden Ave.), which opened 25 years ago before the recent condo boom. She says competition has been fierce but customers are still coming.

"There's a strong sense of competition here, it's not like owners are banding together. But there are lots of customers and hopefully our good business sense and good food will continue to bring back returning customers," she said.

Don't miss Spaces and Places!

Willowdale will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

For your eyes

- Kin Tse, manager of Optic Creations (5025 Yonge St.) says when the store opened 15 years ago it was the only optical shop in the area, yet businesses is strongest now despite the increased competition.

"The competition is there but we don't mind it. One condominium is equal to 10 streets of people so we welcome the growth. There are very good people here and it's a great mix," Tse said.

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If you can write a CV like da Vinci, you just might land that job

ELISABETH BRAW
Metro World News

"I have a sort of extremely light and strong bridges, adapted to be most easily carried, and others, secure and indestructible by fire and battle, easy and convenient to lift and place," wrote Leonardo da Vinci in 1482.

"Also methods of burning and destroying those of the enemy."

Leonardo was trying to get a job: The long letter, which details everything the painter and engineer would be able to do for a future employer, was addressed to the Duke of Milan. Today's job-seekers should learn from Leonardo, advises Marc Cenedella, founder and CEO of jobsite theladders.com.

"Most people write a history of what they've done. What an employer is interested in is, 'What can you do for me?'" TheLadders.com targets high-income earners; Cenedella features Leonardo's job letter on his job blog, stone.com.

In his application letter, 30-year-old Leonardo explains that "I have methods for destroying every rock or other fortress, even if it were founded on a rock," that he can make guns and mortars — and that during peace time, he can paint and make sculptures. "Leonardo does exactly the right thing," explains Cenedella.

"In a store you'd never buy a product whose packaging only describes how the company came up with the product. Focus on how you'll benefit your employer. Don't tell — sell!"

The da Vinci code to employment

- A resumé is an advertising vehicle. Leonardo's letter is a fantastic example of personal marketing because it was written to persuade the Duke.
- Be a specialist; not a generalist. Leonardo is specific on the specialized skills he can offer.
- Address prospective employer's needs. A resumé is not the laundry list/standard bio that talks about you, but the marketing piece that talks about the benefits to your future employer. Leonardo sells the Duke on what he can do for him, as opposed to what he can do for all other employers out there.

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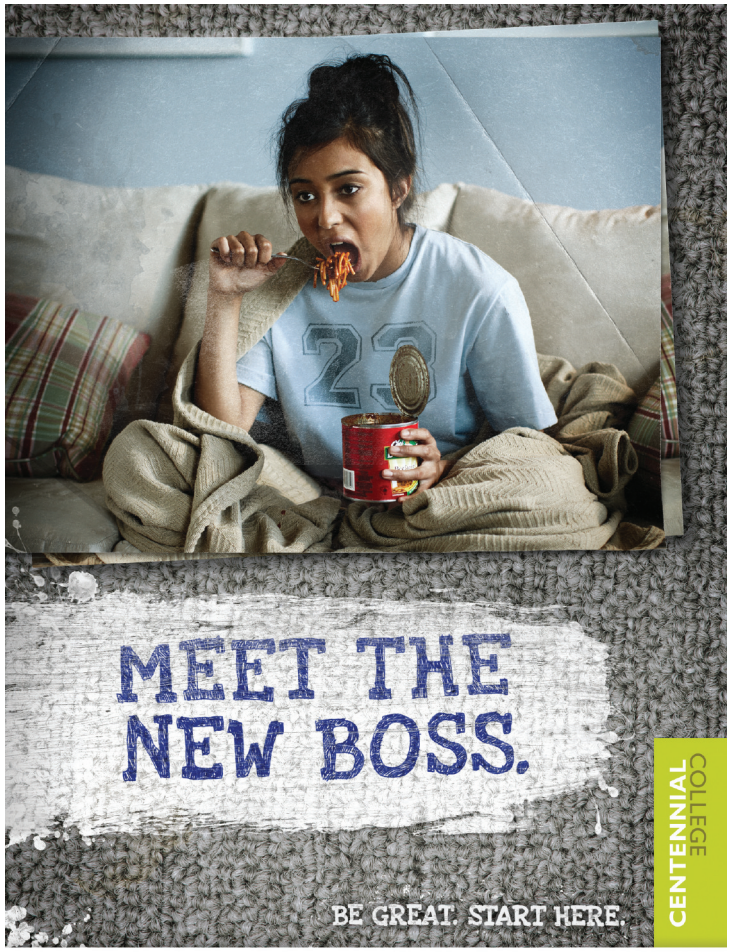

CENTENNIALCOLLEGE.CA | THE FUTURE OF LEARNING

Another good karma tip
Whenever you make a mistake, it's always best to admit and remedy the mistakes without placing blame. METRO WORLD NEWS

Good Karma at work can pay off in the end

According to the Buddhist tradition, karma is the total effect of a person's actions during successive phases of existence. It assumes that your conduct in this lifetime will influence events and relationships in future lifetimes.

Good karma is something that can't hurt to invest in.

Whether or not you believe in reincarnation, practising good karma at work can only help you, for most people see the consequences of their behaviour play out in this life. How do you do it? The main strategy is to consciously manage your work relationships, which are similar to family relationships in that while we don't necessarily choose them, we have to make them work as best we can.

In The 7 Habits of Highly Effective People, Dr. Stephen Covey introduces the concept of the emotional bank account. When the reserve of trust in an account is high because we've continually demonstrated goodwill, communication is instant, easy, and effective. On the other hand, if we continually show another person disrespect, the trust account diminishes, and the slightest provocation can turn into a relationship incident.

You can keep your work relationships productive and your work karma positive by making routine deposits to your emotional bank accounts. For example:

- Praise superior work and show gratitude when someone does their job well;
- Take a sincere interest in the other person and what's meaningful to them;
- Attend to the little things, such as returning a message or acknowledging a birthday;
- Deliver on anything and everything you promise;
- Remember the names and goings-on of the important people in his life;

While not all colleagues will be equally receptive to your overtures (perhaps they have their own karmic issues to work out), much of the time your efforts will be duly noted and appreciated, and you will be rewarded with greater success. METRO WORLD NEWS

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Fundraising initiative

Toys "R" Us is partnering with Autism Speaks, an autism advocacy group dedicated to funding research into the causes of autism. Monetary donations are being accepted at nearly 70 stores across the country or online (Toysrus.ca) from now through April, which is Autism Awareness Month. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Healthy home habits mean healthy kids

CELIA MILNE
for Metro Canada

Is your child headed for obesity? Here's some advice your grandmother might have given you — chances are slimmer that your kids will be fat if they eat meals at home, don't watch too much TV, and get lots of sleep.

Researchers in Ohio analysed data on thousands of four-year-old children to find out whether some good, old-fashioned household habits were associated with lower risk for obesity. And the results were quite dramatic.

"Children living in households where they regularly ate dinner as a family, got enough sleep at night, and were limited in their daily TV viewing were 40 per cent less likely to be obese compared to children who had none of these household routines," said Dr. Sarah Anderson (PhD), assistant professor of epidemiology at Ohio State University and lead author of the study.

Each of the routines had been linked in previous studies to lower obesity, but this was the first time researchers had studied such a large group of children to assess the benefit of using all three routines.

"Each of these household routines by themselves was associated with lower risk for obesity, and the more of them children had, the better," said Anderson.

The study involved a national sample of about 8,550 four-year-old children enrolled in the Early Childhood Longitudinal Study in the U.S. Eighteen per cent of the children were obese.

PHOTOS.COM

Kids who eat regular meals with their families are less likely to be obese.

Although every family and every child is different in terms of what's needed, there are a few targets to aim for. "We saw a lower risk of obesity associated with 10 and a half hours of sleep each night, two hours maximum of screen-viewing time per day, and family meals more than five times per week," said Anderson.

Screen time includes time spent watching videos and DVDs.

Establishing these routines probably has other benefits to children's development, such as emotional stability.

"Families with young children may want to consider what it would take for them to have these routines for their child," she said.

The study is scheduled for publication in the March issue of the journal Pediatrics. Anderson's co-author was Robert Whitaker, professor of public health and pediatrics at Temple University.

Red Bull and vodka won't give you wings, but may increase chance of reaching for car keys

CELIA MILNE
for Metro Canada

ALCOHOL It's a cruel combo. If you consume energy drinks with alcohol, you're probably drunker than you think.

Kids of college and university age will often use energy drinks such as Red Bull with alcohol to boost their buzz. A study in Florida has found that adding caffeine to alcohol increases the risk of being very drunk and deciding to drive.

Researchers from the University of Florida did interviews with more than 800 randomly selected young people leaving bars late at night. The participants were asked what they had been drinking and also whether they intended to drive home. Their breath alcohol levels were tested. The study found that those who drank energy drinks mixed with alcohol had a threefold increased risk of leaving a bar highly intoxicated.

More ominously, they were four times more likely to intend to drive that night than those who only drank alcohol. It's estimated that 28 per cent of college-age drinkers use energy drinks.

"When caffeine is mixed with alcohol it overcomes the sedating effects of alcohol and people may perceive that they are less intoxicated than they really are," said the study's lead researcher Dennis Thombs, an associate professor in the UF College of Public Health. "This may lead people to drink more or make uninformed judgments about whether they are safe to drive."

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We want our politicians family-friendly, please

The J Spot
Josey Vogels
metronews.ca/thejspot

As many a media columnist and commentator have pointed out since Adam Giambrone bowed out of Toronto's mayoralty race when it came to light that he was a big old cheater, the man's private life is none of our business and should have no bearing on his ability to do his job.

I tend to agree. And every time another political sexual scandal comes to light, I can't help wondering how all of us would stand up if our ability to do our job were based on how we conduct our private romantic lives.

But his privacy isn't the issue, many other media columnists and commentators cried. The issue is that he lied about it when confronted by the media.

How can we put up with a politician who lies? Right, because politicians have such a great reputation for not lying. Would we have been happier if he'd simply come right out and said, "Yes, I'm a big old cheater"?

"We still expect our politicians to project a 1950s sitcom image of family stability ... We want our politicians to be human, relatable and accessible but still morally and ethically less flawed than the rest of us."

No, of course not. That would be political suicide. Giambrone knew this. He admitted as much in a text to Kristen Lucas, the young university student with whom he was having an affair, when explaining why live-in girlfriend Sarah McQuarrie and not Lucas would be by his side during the campaign: "It is important for the campaign … I had to have someone political," he wrote.

So, while the rest of us run around wrestling with the realistic challenges of finding, keeping and maintaining love in a social landscape of constantly shifting and expanding sexual mores, we still expect our politicians to project a 1950s sitcom image of family stability.

In other words, we want our politicians to be human, relatable and accessible but still morally and ethically less flawed than the rest of us.

Ultimately, I don't care about the sex life of my politicians and yes, I do care about their honesty. But, maybe if we didn't expect our politicians to come across like Ward Cleaver with June at his side, they'd feel less pressure to lie about their perhaps-less-than-perfect personal lives.

By the way, Hugh Beaumont, the actor who played Ward Cleaver in Leave It To Beaver — the ultimate 1950s family sitcom — had an absent father and his own real-life marriage ended in divorce.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Celebrities become heart disease heroes

CHARITY EVENT Celebrities including Felicity Huffman, Kim Kardashian, Robin Roberts and Joan Collins can now all say they've walked in models' shoes after participating in The Red Dress Collection runway show last Thursday night at New York Fashion Week. Well, except for swimmer Dara Torres.

She did the catwalk in a stylish one-shoulder cocktail dress by Rachel Roy but carried her silver, sparkly stilettos by Brian Atwood in her hands, shrugging her shoulders and giving a "don't blame me, blame the shoes" face.

This show has become an annual tradition at Mercedes-Benz Fashion Week at the Bryant Park tents as part of The Heart Truth campaign to raise awareness about heart disease and women.

At one point it was spearheaded by former first lady Laura Bush.

It's never about the clothes, although the custom-made asymmetrical dress by J. Crew for Roberts and Huffman's flattering ballet-neck Oscar de la Renta gown were certainly worthy of the red carpet.

The vibe at this show, even among the fashion editors and stylists who've sat through at least a half dozen on this opening day of fall-collection previews, is joyful and festive. Kristin Chenoweth, in a Daniel Swarovski dress, and a Badgley Mischka-clad Jordin Sparks mastered the model walk, and Raven-Symone, in Tadashi Shoji, clearly relished her runway moment.

A pregnant Bethenny Frankel mugged in her Isabella Oliver dress to the Supremes' Baby Love, and singer Estelle, in an elaborate Zac Posen gown, left the audience in awe with super-long eyelashes.

The finale, though, was handled by a pro: Heidi Klum. She wore a slinky John Galliano halter dress — and was a crowd favourite. It was her third year participating, and she's never given the other "models" any advice. They don't need it, she says.

"All these women have never done runway and they get out there and strut their stuff," Klum said backstage. "It's fun and I love all the different fashion. ... This is not modeling with a runway walk and a mean face."

Kimora Lee models her own design

THE ASSOCIATED PRESS

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Artificial pancreas lowers risks for kids with diabetes
A study in children and teenagers with type 1 diabetes done by the University of Cambridge has shown that using a first-generation artificial pancreas system overnight can lower the risk of low blood sugar emergencies while sleeping. METRO NEWS SERVICES

Shingles vaccine

- People over 60 may want to consider being immunized against shingles
- Anyone who has had chickenpox is at risk of developing shingles
- The vaccine reduced incidence of long-lasting pain by 73 per cent.

CELIA MILNE/METRO CANADA

Remember they're actors not doctors

Television medical dramas can be misleading when it comes to the proper way to deal with epileptic seizures or convulsions, say researchers, who have found that small-screen doctors and nurses do it incorrectly more than half the time.

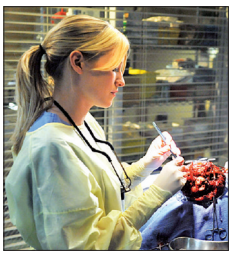
In a study by Dalhousie University, researchers screened all episodes of the top medical shows, including Grey's Anatomy, House, Private Practice and the last five seasons of ER.

Of 327 episodes, there were almost 60 examples of patients experiencing seizures or convulsions, said lead investigator Andrew Moeller, a third-year medical student at the Halifax university.

Of those, most took place within hospital settings on the shows and were treated by "nurses" or "doctors."

The study found that in 25 cases — about 46 per cent — the story line had health providers giving first aid for seizures in an inappropriate manner, said Moeller, who screened all 327 episodes of the medical shows.

Proper treatment was shown in 17 seizures, or about 29 per cent of the time, while appropriateness could not be determined in 15 cases, or about 25 per cent of the total.



Chyler Leigh shows you how it's done on Grey's Anatomy. Well, maybe not.

"What we characterized as inappropriate handling of it was trying to stop someone's seizing movements, trying to hold the person down or sticking something in their mouth," he said from Halifax.

"What you should be doing is clearing the area of harmful objects. If it's possible, rotate the person onto their side to keep them from hurting themselves — it's called the recovery position — and if possible put something soft under their head."

"And once they're finished the seizure, just staying with the person until they recover their full consciousness."

Moeller, who conducted the study with Halifax neurologist Dr. Mark Sadler, said the concern is that viewers who are unaware of the proper way to give first aid to someone having a seizure will take their cue from what they see on TV.

"And (they could) inadvertently hurt someone when they're actually trying to help someone."

Moeller said holding a person down or trying to stop their seizing movements can cause bruises or cuts, and in rare cases serious muscle damage.

"Sticking something in someone's mouth is more dangerous. Most of the time you're probably just going to smash their teeth and cut up their tongue," he said.

People having seizures can bite their tongues, he agreed, but stressed it's far more dangerous to stick an object like a stick or pencil in their mouths.

THE CANADIAN PRESS

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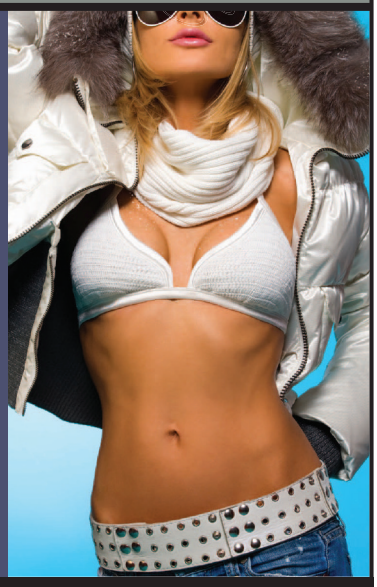

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What is organic?
What makes milk or meat organic? After a drawn-out debate, the U.S. Agriculture Department has significantly narrowed the definition to livestock that spend a third of the year grazing on pasture. THE ASSOCIATED PRESS

Food

Pancakes in a shake

Celebrate Shrove or "pancake" Tuesday in a pinch (or rather a "shake") with Dr. Oetker's new Shaker Pancake mix. With all the dry ingredients already prepped, all you have to do is add one cup of milk or water to the bottle and shake. The mix is trans fat-free, a source of fibre and prebiotic. (The batter can also be used in a waffle maker). Available at most grocery retailers in Buttermilk or Chocolate Chip flavour for $2.99. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Cheers to B.C.

Confession time — I'm not that big a fan of the Olympics. Ever since they started letting professional athletes compete against other professional athletes, I've soured on the whole concept. That said; it is hard not to get swept up in the "Go Team Canada" vibe of these winter games.

Of course, hosting has its benefits. It's an amazing opportunity to show where our talents lie (and I don't mean just on the ice). Since British Columbia will see the brightest part of the spotlight it's also a chance for the rest of Canada to get a taste for the west. You can do it at home easy enough by raising a glass of B.C. wine.

Selection varies across the country with wines from Mission Hill Family Estate being some of the best and most readily available. Its **2006 Five Vineyards Cabernet Merlot VQA** ($16.45 - $18.99) from the Okanagan Valley is a ripe mix of plum and cherry fruit that has a subtle Bordeaux vibe that pairs well with most red meats.

Sandhill Estate Vineyard's 2006 Merlot VQA ($19.95 - $23.49) also calls the Okanagan home; showing off grilled beef-friendly flavours of dark red berry and cherry.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

Eat like you're at Mardi Gras

You may not get down to New Orleans for Mardi Gras, but that doesn't mean you can't eat as if you're there.

This speedy version of gumbo is prepared in two pans. Combined at the end, the two parts have all the flavour of the traditional hearty dish. If you have the opportunity, letting it sit in the refrigerator overnight will seriously improve the flavours.

While there are many different styles of gumbo across the South — including variations between Creole and Cajun — okra is a must-have ingredient (among other things, it serves as a thickener) of this meat- and seafood-rich stew. Most grocers sell chopped or whole okra in the freezer section.

Mardi Gras, a.k.a. "Fat Tuesday" is today!

Fast and Intense Gumbo

MAKES 8 SERVINGS

INGREDIENTS:

- 125 ml (1/2 cup) butter, divided
- 50 ml (1/4 cup) all-purpose flour
- 3 cloves garlic, minced
- 375 ml (1 1/2 cups) chopped yellow onion (about 2 small)
- 175 ml (3/4 cup) chopped celery (about 3 stalks)
- 500 g (1 lb) okra, chopped
- 1 can (398 ml/14 oz) diced roasted tomatoes with chilies
- 425 ml (1 3/4 cups) water
- 2 ml (1/2 tsp) dried thyme
- 5 ml (1 tsp) sugar
- Salt and ground black pepper
- 500 g (1 lb) sirloin steak, cubed
- 500 g (1 lb) large shrimp, peeled and deveined
- 500 g (1 lb) Andouille sausage, sliced into rounds
- 500 g (1 lb) crab meat
- Juice of half a lemon
- 30 ml (2 Tbsp) Worcestershire sauce

METHOD:

In a large, heavy saucepan over medium, melt 50 ml (1/4 cup) of the butter. Stir in flour and cook, stirring constantly, until mixture is a deep brown, about 10 minutes.

Stir in garlic, onion, celery and okra. Continue to cook until onion is translucent and okra is stringy, 8 to 10 minutes. Add tomatoes, water, thyme, sugar, 5 ml (1 tsp) salt and 1 ml (1/4 tsp) pepper. Simmer for 20 minutes.

Meanwhile, in a large deep skillet over medium-high, melt remaining butter. Add 2 ml (1/2 tsp) salt, 1 ml (1/4 tsp) pepper and steak. Sear beef, turning occasionally, for about 3 minutes. Add shrimp and saute until pink, about 2 minutes. Add sausage, crab, lemon juice and Worcestershire sauce. Stir gently to heat through.

The mixtures can be combined in one pan to form the traditional stew-like dish, or the meat and seafood can be served over the vegetable mixture.

THE ASSOCIATED PRESS

LARRY CROWE/THE ASSOCIATED PRESS

Fast and Intense Gumbo is a speedy recipe of the traditional hearty meal often associated with Mardi Gras. This dish is best left in the refrigerator overnight to help improve its flavours.

Chefs expand notion of 'food porn'

NEW SHOW With a little help from Martha Stewart, Anthony Bourdain wants to expand America's notion of food porn.

Bourdain, the celebrity chef whose habit of slinging strong opinions and foul language has earned him a culinary bad boy rap, launches a no-holds-barred satellite radio program this week on Sirius XM's Martha Stewart Living Radio.

Among his goals? See just how uncomfortable he can make co-host and friend Eric Ripert, chef at Le Bernardin in New York.

"We're going to be doing a segment that we call food porn," he said in a telephone interview, referring to the excessively sumptuous and sometimes sexualized words and photography often used in food media.

Eric Ripert

The show, called Anthony Bourdain and Eric Ripert: Turn & Burn, will run for five weeks starting Thursday. It will cover numerous food subjects; listeners also can call in with questions.

THE ASSOCIATED PRESS

Surgery for Sutherland

Production on 24 has been suspended so Kiefer Sutherland can undergo a "minor elective procedure" after a cyst near his kidney ruptured last week. The 43-year-old actor missed work Friday, but production continued without him. **TVGUIDE.COM**

Entertainment

Name in the sky

Jim Carrey hired a skywriter to declare his love for Jenny McCarthy. The actress tweeted: "Just had sky writer come over our house and write J (heart) J in the sky. So fun. Anybody in LA go look at the sky." FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

The Beat down

Franco Howls like Ginsberg in new film

NED EHRBAR
for Metro Canada

Actor, director, graduate student and recent General Hospital guest star James Franco comes to the 60th annual Berlinale film festival with Howl, a film that blurs the lines between narrative and documentary in which he stars as Beat Generation writer Allen Ginsberg.

Franco tells Metro about playing Ginsberg, attending Columbia University and why he doesn't like starring in his own films.

Q Was Ginsberg your favorite Beat writer?

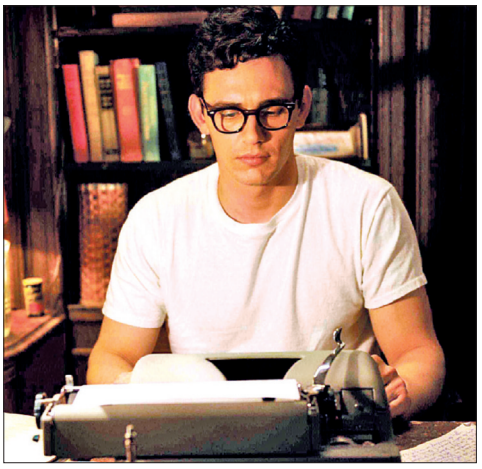
A When I was younger, we probably read more Kerouac than Ginsberg. In the States at least, there are a lot of young people that are attracted to the Beats at a certain age. I was certainly attracted to them, but I think it's a fairly common experience. As an actor, I always thought I would play Kerouac or Neal Cassady. I never thought I would play Allen Ginsberg. So it was kind of a surprise when they asked me to do that. I was a fan, but I guess I just had to convince myself that I was right for it or that I could do it.

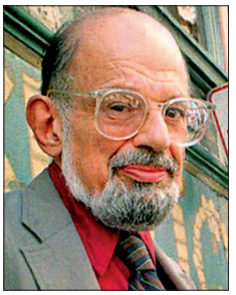
Q Did you find the prospect of reading Ginsberg's poem Howl in the film daunting?

A No. I was pretty familiar with the poem. And I do readings like the one that's portrayed in the film, so it's something that I was fairly used to. It's just that I had to read it as if I was Ginsberg. He reads in a particular way, so it was just a matter of listening to his readings. There are probably six decades' worth of Ginsberg reading that poem, so I had a lot of material to draw from. I live in New York so I walk a lot, so it was just a case of listening to him every time I walked to school.

Q What prompted your return to school?

A I'd been acting for about eight years, and then I got a new understanding of what it was to be an actor. I realized that filmmaking is a director's medium, and as an actor I had a limited kind of participation in films. It's fine, I'm happy to fulfill that role as an actor, but I had other interests. So I went back to school. For me, school is very grounding. It's a way of studying other artists and writers and filmmakers. It's a much more grounded and intellectual way to study what I love.





James Franco, left, plays legendary Beat Generation poet Allen Ginsberg, above, in the new movie Howl.

Q You also have two short films you directed in the festival. Do you see that as separate from your acting career?

A Yes. I don't act in those films. I love the idea of collaborating with actors who I look up to. It's a different experience and it's very rewarding. I've directed myself. Before I went to film school, I did three low-budget feature films and I acted in all of them because I was very insecure as a director. I didn't want to give the scripts to any actors that I really respected. I didn't find it that difficult to switch hats in the middle of the process. It's just not an enjoyable experience.

Q What do you have coming up next?

A I'm going to do a movie with Danny Boyle called 127 Hours. It's based on the true story of Aaron Ralston, a mountain climber who accidentally got his arm trapped under a boulder in Utah while hiking. He was stuck there for five days and eventually cut his arm off with a pocket knife to escape. And he survived. We're going to shoot in Utah at the actual site where it happened.

Harrelson fights against Captain Industry

RICHARD CROUSE
for Metro Canada

Just 24 hours before going into production on Defendor, a funny, genre-busting superhero movie, director Peter Stebbings got a mixed message from his star Woody Harrelson.

"Woody invited me to his place and said 'I have never been more unsure about what I'm going to do on a movie as I am on Defendor and I've never been as OK with that as I am on Defendor,'" says the director.

Harrelson was prepping himself to play Arthur, an emotionally stunted man who, with the help of a homemade costume and makeshift weapons, embarks on a crime fighting spree to bring down his arch enemy, Captain Industry, in his hometown of Hamilton, Ont.

"My nerves were a jangle," says Harrelson.

"I felt like I was out of my turf. It's one of those things that you can study and look at it from a lot of angles, which I did, but that doesn't mean you know what you're doing on the day they say 'Action!'"

Turns out the pre-game jitters were dispelled on the first day when Harrelson shot some of the film's most difficult, emotional scenes — a series of psychological interviews opposite actress Sandra Oh.

"I'm glad it happened like that," he says. "It pushed me. I didn't know what I was doing but at the end of that day I told my buddy, 'Rudy, I think I'm getting it.'"

Stebbings courted Harrelson for the part after seeing him in No Country for Old Men.

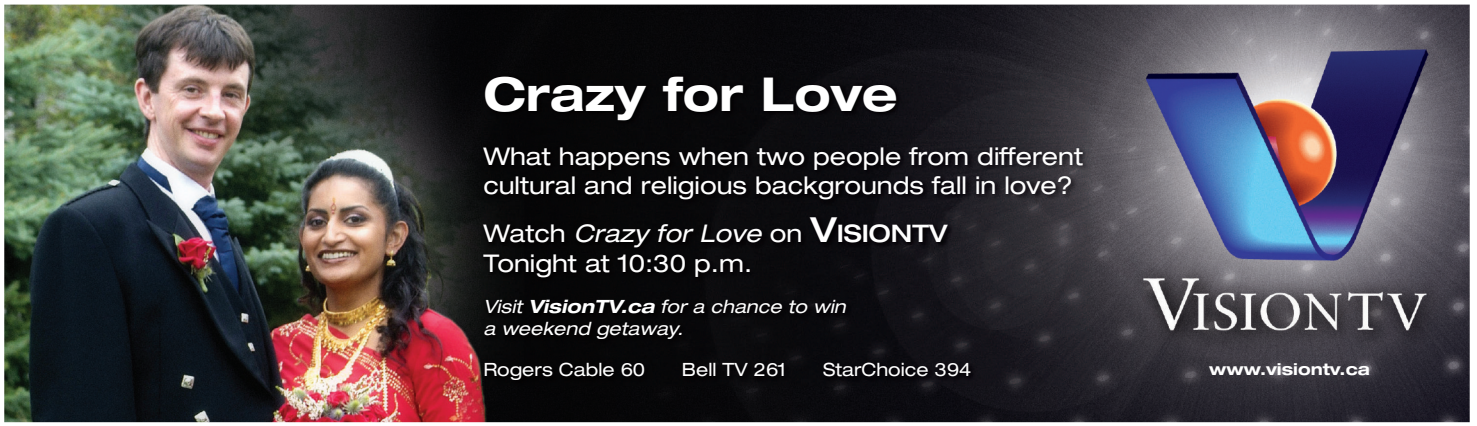
"I had two thoughts," he says. "One: Where has he been? He took a six year hiatus, and secondly, what a great jaw line. I thought he's never been bad in anything he's done and he's always a sympathetic character so I was thrilled when he was excited to be a part of it."

Despite his initial anxiety Harrelson is pleased with the result.

"I like the fact that Arthur is going after Captain Industry because, to me, I look at what's wrong with the world and it's the captains of industry — the greedy bastards who control the politicians."

Defendor opens in theatres on Friday

Woody Harrelson



Marc Jacobs marries

Marc Jacobs has married Lorenzo Martone. The designer's lover confirmed they wed on New Year's Eve on the island of St. Barts in the West Indies— although they have yet to sign official wedding documents. FEMALEFIRST.CO.UK

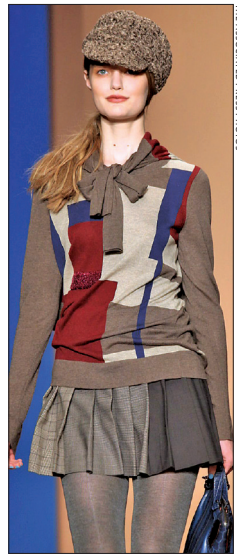
The virile influence

Designers show a penchant for menswear on NY runway

Fashionable women would do well to raid their boyfriends' closets come fall, judging from the looks shown Sunday at New York Fashion Week.

Menswear influences were everywhere during the week of previews, from the trendsetting runway of Alexander Wang to the typically ultra-feminine Victoria Beckham, who included trenches in her fall collection, shown to a handful of reporters in a flower-filled uptown townhouse.

DKNY showed boyfriend jackets and Rag&Bone had a collection rooted in tailored suits. Oddly enough, the look melded seamlessly with school girl styles also popular in fall runway previews.



THE ASSOCIATED PRESS PHOTOS

Masculine-leaning designs from New York Fashion Week included fall 2010 collections from: (left to right) Diane Von Furstenberg, Victoria Beckham and DKNY.

Diane Von Furstenberg

Diane von Furstenberg confessed to the crowd she has a more masculine side. ``I always wanted to live a man's life in a woman's body,'' she wrote in her notes left on the seats of editors, stylists and retailers at Mercedes-Benz Fashion Week at Bryant Park.

She went on to explain that her theme of metamorphosis aimed to capture the yin and yang of strength and sex appeal.

Menswear jackets were worn over flowery dresses; chainmail decorated soft knits. A rose-printed velvet blazer over a stone-colored, soft-crepe dress captured von Furstenberg's message in a single outfit, as did a chiffon, rosette-covered bolero worn over a grey felted wool blazer.

Victoria Beckham

From the personal greeting she gave to her two dozen guests to the thoughtful answers to questions about her designs, Victoria Beckham staged an intimate preview that was all class and polish.

The series of 26 dresses maintained her signature sleek, slim shape while adding new elements such as draping and textured fabrics. One of the gowns — a tan silk jersey with a touch of embroidery on one shoulder — is a contender for Beckham to wear to the upcoming Oscars.

For inspiration, she studied the style of 1940s-era comic-strip detective characters and Hollywood femmes fatales. You could see the Dick Tracy-influence in the trench-style pieces, and in the newsprint smudges in the blurred pixel print on the finale asymmetric column gown.

Read Thursday's Style section for more on NYFW

DKNY

Donna Karan again reinvented her beloved young New York muse, dressing her in a patchwork of grid patterns, Art Deco sequins, equestrian plaids and schoolgirl sweetness.

Some of the best looks were drop-waist minis that emphasized a long, lean shape with boyfriend jackets on top. The palette was very prep school: black, grey, brown and brick red. Sparkly blue beading turned up in unexpected places, giving some pops of energy.

Yet, as youthful as the collection was, it was missing some of the bounce that DKNY usually weaves into its look.

Band of Outsiders

A favourite phrase of fashion insiders is ``classics with a twist.'' It seemed the mantra of Band of Outsiders.

Designer Scott Sternberg is best known for menswear, winning the Council of Fashion Designers of America prize in that category last year. He continues to shrink preppy trousers and jackets, and, in a winter-vacation moment, added some parkas, flannel workshirts and wool sweatpants.

THE ASSOCIATED PRESS

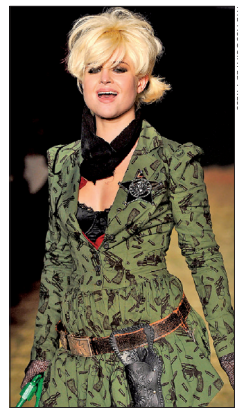
Osbourne models for Johnson

FASHION Betsey Johnson took a tour through the Wild West on Sunday, showing off a newly model-slim Kelly Osbourne as her head bandito.

Some of the looks — inspired by saloon girls, vagabonds, gamblers and other ne'er-do-wells — will be available immediately in Betsey Johnson stores, a nod to the reality of fast fashion. Other looks showed in eight days of previews at New York Fashion Week won't be available until fall, though customers — and copycats — are eagerly watching online.

Osbourne emerged as the first model of the evening with a bandanna mask, playfully wielding toy pistols before revealing her face. She later emerged in a handlebar moustache.

Johnson had luck with some of her looks inspired by bank clerks, gamblers and robbers — perhaps tapping into the adapted menswear trend popular on other runways. Girlier looks with prairie patterns, tiered skirts, corsets and bunching on the behind were less wearable.



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Kelly Osbourne models at New York Fashion Week.

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Bigelow coming to HBO

Academy Award nominee Kathryn Bigelow's next project will bring her to the small screen: The Hurt Locker director has been tapped to make an HBO pilot, The Miraculous Year, according to The Hollywood Reporter. TVGUIDE.COM

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Airline apologizes to not-so-silent Smith

Kevin Smith says he's "way fat," but that shouldn't stop him from flying.

The director and actor says a pilot ejected him from a Southwest Airlines flight from Oakland to Burbank, Calif., saying he didn't fit properly in a single seat.

Smith raised a stink about the incident on his Twitter page Sunday, saying "I'm way fat, but I'm not there just yet," and "If you look like me, you may be ejected from Southwest Air."

He posted a picture of himself sitting on the plane with his cheeks puffed out.

Southwest says its "Customer of Size" policy requires that travellers must be able to fit safely and comfortably in one seat or make other arrangements.

After a storm of angry online comments from Smith and his fans, the airline issued an apology first from its own Twitter account and later in a statement on its website titled Not So Silent Bob, a jovial jab at the Silent Bob character Smith plays in many of his films.

"We would like to echo our tweets and again offer our heartfelt apologies to you," the statement said.

"I'm way fat, but I'm not there just yet... If you look like me, you may be ejected from Southwest Air."
Director Kevin Smith

Director Kevin Smith raised a stink on his Twitter page about his ejection from a SouthWest Airlines flight.

The airline said it also accommodated Smith on a later flight, gave him a $100 voucher and apologized by phone.

Both Smith and the airline acknowledged that he had bought two seats for his original flight from Oakland, where he had spoken at the Macworld Expo conference.

But he was flying standby in order to catch an earlier flight, and only one was available.

Smith insisted that he was still able to put both armrests down and buckle his seat belt, which is Southwest's standard.

Smith is the director of the new Bruce Willis movie Cop Out, and previously directed the films Clerks and Chasing Amy.

THE ASSOCIATED PRESS

Jolie talks Haiti visit

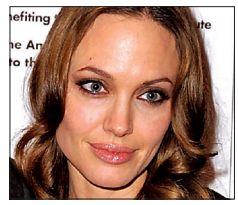
CNN's Christiane Amanpour recently spoke to actress Angelina Jolie about her experiences in Haiti for her 30-minute interview show Amanpour. Here is Metro World News' exclusive excerpt from that interview.

Q In the two days you have been there what are your impressions?

A It is absolutely the most complex post-disaster situation I think anybody, whether government or U.N., has ever faced. But what is being done is extraordinary, and the Haitian people are so dignified. They're calm, they're helping themselves. They inspire me. I see many children with amputations who are smiling and strong and talking about their future. You realize that these people have suffered so much for so long that, in fact, they are so resilient. It's almost sad how used to struggling they are.

Q What motivated your visit?

A A few different things. I wanted to understand how the UNHCR could handle about 10 million internally displaced people.



Angelina Jolie

Even before the earthquake three-quarters of the population had no education. There was no civil registry, meaning no birth certificates, no land certificates, no death certificates. So how exactly is everybody going to start to organize these people when even registering them is a new challenge that everybody's facing.

Q The head of UNICEF alerted us to be aware of trafficking. How best can we protect the children?

A Well, I think we have to enforce the law and work with the government. I know there's a new child protection cluster that's formed that's doing everything they can to kind of coordinate. They're talking a lot about reunification. I talked to ICRC about this reunification programme, because that's the most important thing, to try to track everybody.

But as we said, it's very difficult without birth registrations. And for myself, as somebody who is an adoptive parent, I understand the urge to assist in that way, but now is not the time. An emergency is not the time for new adoptions anyway. I'm personally going to assist in-country organizations like SOS that, in fact, do raise orphans in country with widows.

BY CHRISTIANE AMANPOUR/CNN

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SECOND CUP

DVD picks

Law Abiding Citizen

Directors: F. Gary Gray

TAKE MOVIE vigilantism to its horrific extreme and the result is Law Abiding Citizen, a brutally effective and alarmingly cathartic combination of Death Wish and Saw.

You have to credit director F. Gary Gray (Friday) and screenwriter Kurt Wimmer (Street Kings) for recognizing the darkest instinct of vengeful vigilantes and their societal cheerleaders: They don't just want bad guys imprisoned, they want them destroyed.

That's the psychological ledge Gerard Butler's Clyde Shelton is pushed out on, after he witnesses two men rape and murder his wife and young daughter in his own home.

Previously a believer in the justice system, this mild-mannered engineer suffers a psychotic reversal after showboating Philadelphia prosecutor Nick Rice (Jamie Foxx) cuts a deal with one of the killers. The main bad guy gets a reduced prison sentence in return for testifying against his oafish accomplice, who goes to Death Row.

The film becomes increasingly implausible. Yet it maintains incredible momentum, thanks in no small part to strong performances by Butler and Foxx.

DVD extras include a commentary by producers Lucas Foster and Alan Siegel DVD and several featurettes that explore the justice issues raised by the film.

Coco Before Chanel

Director: Anne Fontaine

THE CREATION of a defining style and the relentless promotion of it are the hallmarks of all major talents, and fashion designer Coco Chanel seemed to understand this right from the cradle.

As seen in Coco Before Chanel, a movie of invention more than romance, the young French fashionista was creatively wielding her scissors and influence long before her name became synonymous with an iconic jacket, perfume and little black dress.

Anne Fontaine's impressively understated film is structured as a literal rags-to-riches tale. It follows Chanel from her impoverished beginnings as an abandoned child raised by nuns up to her late 20s, and the start of her fashion empire in the early part of the last century.

But it's really a showcase of discovery, both of Chanel's ability to manifest her own destiny and of Audrey Tautou's uncanny ability to channel the designer's drive and resolve.

Extras include a commentary by Fontaine and several featurettes.

Peter Howell/for Metro Canada

Goya Awards unveiled
The prison thriller Cell 211 won eight trophies at the Goya Awards, Spain's version of the Oscars. Alejandro Amenabar's historical drama Agora starring Rachel Weisz won seven trophies. THE ASSOCIATED PRESS

Reel Injun, true tales

IAN GORMELY
for Metro Canada

Neil Diamond never thought much of the First Nations stereotypes created by Hollywood westerns — he and his friends always cheered for the white cowboys. It wasn't until he moved from Waskaganish in Northern Quebec to attend high school in urban Hull that he realized the ignorance that surrounded First Nations people.

"I got all these questions about Native people; do you still live in teepees, do you still ride horses, do you speak Indian?" he says. "And I'd get those kind of questions not just from students but from adults too."

Realizing it was the depiction of First Nations people in film that was responsible for such misconceptions, Diamond set out to address and dispel the stereotypes with the documentary, Reel Injun.

The film charts the history of First Nations people in film from some of the earliest examples of moving images through to the emergence of First Nations filmmakers in the 1990s, using dozens of film clips to address the evolution of the public's perception of First Nations people over the last century.

"That image is so powerful," says Diamond. "That's what sticks in people's minds. The image of a guy in feathers on horseback."

The kernel of the idea for Reel Injun came one night as Diamond watched an old movie where the First Nations character was played by a white actor in "red face," a common phenomenon in many Hollywood westerns. "I had an idea for a funny documentary that I was going to call it 'I'm Not Indian, But I Play One on TV." The project evolved from there.

Director Neil Diamond and musician Robbie Robertson.

The resulting documentary premiered at the Toronto International Film Festival last September, where Diamond says they got a "good" reaction from the crowd. "But a month later it opened the ImagineNATIVE Film festival where the audience was 95 per cent Native. It was amazing. They were laughing so much that they would miss the next joke. I wanted to stand up and say "Quiet down. There's something else coming up."

Despite the movie's success here in Canada, Diamond is unsure how the film will be received in the U.S. where a large part of the national character is historically defined by the iconic images of the Hollywood western.

He'll soon find out when the film screens at the Palm Springs International Film Festival in March ahead of its Los Angeles theatrical premiere.

"I'd like to attend one of those screenings," he says. "I'll sit by the exit so I can make my break."

• **Reel Injun opens in theatres on Friday**

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes February 21, 2010 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.clubmetro.com

Soundtrack for a Revolution a documentary about the civil rights movement screens at the Bloor Cinema as part of Doc Soup.

Revolution for a new generation

ADAM NAYMAN
for Metro Canada

Bill Gutentag is an Academy Award-winning filmmaker, but he's also a teacher, which explains why Soundtrack for a Revolution, a documentary about the civil rights movement which he co-directed with Bill Sturman – which screens at the Bloor Cinema tomorrow as part of Toronto's Doc Soup series and releases theatrically Friday — was designed in a didactic manner.

"There were many reasons to make this film, but the biggest one was to reach a new generation," says the director over the phone from Stanford, where he teaches a course in documentary filmmaking. "These are stories that are slipping from our collective memory, and it's important that they're remembered. Once we knew that we wanted to use the film to teach people about the history, the question we had to ask was about the best way to do it. We settled on the music because it was part of the DNA of the movement, and also because it's a sort of 'spoonful of sugar' strategy. If you go to a group of teenagers and say 'do you want to see a documentary about the civil rights movement,' they might shrug. But if you show them John Legend, or the Roots, or Wyclef Jean, you might get a stronger reaction."

At the same time, Gutentag stresses that the performers in the film weren't simply chosen on the basis of mainstream visibility. "I don't know if this will come as a surprise to most people, but there are a lot of very famous musicians who can't sing, Grammy-award winning artists who can't sing. We wanted people who could sing and who seemed like a good fit. So our music supervisor, Corey Smythe, would offer the singers individual songs, and then we'd show them the clips that would go along with their performances."

Gutentag says that one of his goals in using contemporary musicians was to bring the idealism of the past into the present tense. "I think that for a long time in the United States, people said that they were never going to feel that fervor again the way they did for Martin Luther King Jr. or Bobby Kennedy. But as someone with a teenaged daughter who travelled 3,000 miles to see (U.S. President) Barack Obama's inauguration, I can say that she was truly thrilled, as much as any of those people from the '60s. Passion and dedication don't belong to any single generation."

A Town Called Panic breaks out on the big screen

BRIAN COULTON
for Metro Canada

If you mention the words "Panique au village" in Brussels, chances are you'll be accosted with a bout of frenzied yelping and hoarse commands.

The television series title — A Town Called Panic, in English — has become synonymous with the exploits of Horse and his frantic flatmates Cowboy and Indian, the widely mimicked toy figurine protagonists that define the stop-motion animation shorts.

After breaking out of Belgium and into the hands of international distributors, the small town comedy is going big screen with a feature-length film directed by the show's creators Stéphane Aubier and Vincent Patar.

Feeling restricted by the five-minute mould the animation duo brought to television, Aubier and Patar used A Town Called Panic, the film, to develop a richer narrative.

"The first episodes were more like small sketches that were self-contained," said Aubier over the phone with Patar in Belgium, aided in translation by associate producer Adriana Piasek-Wanski, "As the work on the TV series moved forward, we started to work more on the narration and stories we were developing for each episode."

The storyline for the film draws on past TV episodes and follows Cowboy and Indian's attempt to build a brick barbecue as a birthday gift for Horse. But havoc comes to town when they order 50 million bricks instead of 50, launching the trio on a warp-speed journey to an underwater universe.

Speed is one of the hallmarks of A Town Called Panic, which uses jerky animation, rapid movement of figures and quick dialogue to propel its plot.

"We tried to slow the animation down to make it more fluid, but it just didn't seem to suit the style," said Patar, "It was too slow, soft, not dynamic enough and not energetic enough."

Aubier consider jarring motion to be elegant at times, suiting the characters and the film's comic nature. And it's a form of comedy that seems to transcend a target audience. Using simple dialogue and exaggeration in tandem with wit adults can appreciate, Aubier and Patar said they made the film for as broad an audience as possible.

"For us, the main thing was that we were having fun and found the story funny," said Aubier, "If we were amused, chances are other people would be too."

• A Town Called Panic opens in Toronto theatres this Friday.

Meditation education

Goldie Hawn wants to set up a Buddhist school in the U.K. The actress runs educational charity The Hawn Foundation in the U.S., which teaches children the Buddhist technique of Mindfulness training. **FEMALEFIRST.CO.UK**

MONTY BRINTON/THE ASSOCIATED PRESS

This season's cast of the Amazing Race.

Upton stumbles in Amazing Race

TV Caite Upton is already not following directions on The Amazing Race.

The former Miss Teen South Carolina, who famously flubbed a 2007 pageant question involving maps, and her boyfriend, Brent Horne, were in the front of the pack on the CBS reality series' 16th season premiere Sunday, but they didn't heed instructions to ride a funicular train and received a 30-minute penalty, dropping them from second to seventh place.

The show airs every Sundays. **THE ASSOCIATED PRESS**

TV Babies!

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Bachelor defends his choices

Viewers angered by some of the reality tv show departures

If you don't like the decisions Jake Pavelka has made this season on The Bachelor... tough.

The starchy 32-year-old commercial flight instructor, who has flown through the 25 women vying for his affection faster than any leading man on the seemingly never-ending ABC dating franchise, says he doesn't need to justify his romantic choices to the show's fans, who have been especially vocal that he kept fire-starter Vienna Girardi around.

"I don't have anything to apologize for," Pavelka declared during a recent interview.

Girardi, a 23-year-old marketing representative from Geneva, Fla., has been the source of much drama this season and is one of three remaining women, all of whom Pavelka has professed he loves. The other two competing are 26-year-old swimsuit model Gia Allemand from New York and 25-year-old college admissions representative Tenley Molzahn from Newberg, Ore.

GREG ZABILSKI/THE ASSOCIATED PRESS

The remaining bachelorettes, from left, Tenley Molzahn, Gia Allemand, and Vienna Girardi toast with the Bachelor Jake Pavelka, a 32-year-old commercial flight instructor.

"I know that America doesn't really understand," Pavelka said. "It sounds so jaded and so bad, but who is the authority that says the human heart can't be in love with more than one girl at the same time? That's what I was taught, that it can only happen with one girl at a time, but that's not the truth. I was crazy about Ali, Vienna, Tenley and Gia.''

Viewers were distraught Pavelka did not try harder to persuade Ali Fedotowsky, one of the four contenders remaining on last Monday's instalment, to stay after the Facebook advertising account manager revealed she would lose her job if she didn't go back to work. Pavelka did not think Fedotowsky would actually leave, and doing so "broke my heart that night."

THE ASSOCIATED PRESS

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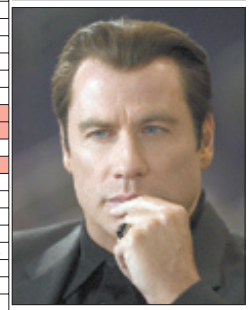
news	265	353	2	TVO	Blue Realm (DVS)		The Agenda With Steve Paikin		Walter's War		The Quantum Tamers		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS (HDTV)		NCIS: Los Angeles		The Good Wife (HDTV)		News Hour
sports	215	343	4	OMN1	Two/Half Men	The Office	XXI Winter Olympics Snowboarding, Skiing. (Live)				Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Kids in-Hall	Comedy Fest	CBC News: The National		The Hour
family	214	344	7	CITY	Law & Order: Special Victims		How I Met	Accidentally	Scrubs	Better Off Ted	Dark Blue		News
	212	313	8	CTV	(6) XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies. (Live)								
	218	345	11	CHCH	*Ms. Bear* ★★ (1997, Adventure) Ed Begley Jr., Kaitlyn Burke.				*No Contest* ★★ (1994, Action) Andrew "Dice" Clay.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	XXI Winter Olympics Speed Skating. (Live)				Two/Half Men	King/Queens	Cold Case
	213	326	15	SUN	George Lopez	The Insider (N)	Funniest Pets	Funniest Pets	To Serve and Protect		The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS (HDTV)		NCIS: Los Angeles		The Good Wife (HDTV)		News 4 at 11
	-	385	17	NBC	Entertainment	Olympic Zone	XXI Winter Olympics Figure Skating, Snowboarding, Speed Skating, Skiing. (HDTV) (Live)						
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Lost "What Kate Does"		Lost Locke seeks help.		the forgotten (HDTV) (N)		News
	219	346	20	ACH-B	Lost Locke seeks help.		American Idol Part three of the Hollywood round. (N)				Past Life "Soul Music"		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol Part three of the Hollywood round. (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	NOVA (HDTV) (DVS)		Frontline (HDTV) (DVS)		Locked Out: Fall		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210
	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		Asia Squawk Box (Live)		Cash Flow (Live)				Mad Money
	405	417	22	net	(6) XXI Winter Olympics Speed Skating, Figure Skating, Snowboarding, Skiing. (HDTV) (Live)								
	400	400	30	TSN	(6) XXI Winter Olympics Curling, Snowboarding, Skiing, Biathlon. (HDTV) (Live)								
	411	457	58	OLN	Angry Planet	Bounty Hunter	Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)		Pass Time
	551	542	25	YTV	Fries That?	Prank Patrol	The Next Star		The Next Star		Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	602	567	27	W	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	570	580	29	MM	America's Best Dance Crew		Degrassi: TNG	Degrassi: TNG	My Date With...	Love Court	MOD Live at the Base		Concert Series
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal		Paranormal	Paranormal	Paranormal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto Di Polizia		David Rocco	Magnifica Italia	George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		Hammertime	Gimme Sugar	Entourage	Wild 'n Out	mmtop10.ca
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	This Is It
	616	521	39	SHO	Relic Hunter		*My Name Is Sarah* (2007, Romance-Comedy)				Drop Dead Diva (HDTV)		NCIS
	620	523	40	BVO	Toller Cranston, Art of Being		Live at the Rehearsal Hall		*Callas Assoluta* ★★ (2007, Documentary)				Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House/Payne	House/Payne	Law & Order: Special Victims		*Biker Boyz* ★ (2003, Action), Derek Luke		
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Unbreakable* ★★ (2000, Suspense) Bruce Willis.				Michael Vick	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium		Fringe		InnerSpace
	581	566	52	MTV	Canada's Next Top Model		Canada's Next Top Model		Buried	Life of Ryan	16 and Pregnant (N)		MTV Live
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash	Last 10	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible		Hell's Kitchen		Good Eats	Good Eats	Restaurant
	261	394	60	V	Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted (N)	Crazy for Love	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	526	507	249	VIVA	Cold Case "The Key"		Missing A judge is blackmailed.		The Closer		Cold Case "The Key"		Psychic Inv.
	300	601	301	M1	*Moscow Zero*		(7:25) *Messages Deleted* (2009)		*Lakeview Terrace* ★★ (2008, Suspense)				*Prom Night*
	305	612	306	PIX	*Owning Mhny*		(7:20) *The Interrogation of Michael Crowe*		*Be Cool* ★★ (2005, Comedy) John Travolta.				*Time of Wolf*
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Sexiest Body Parts		FashionTele	RAW	Canada's Next Top Model		Australia's Next Top Model		Blush: Artist

cable variety

critics'corner

Be Cool

In this 2005 sequel to the critical and box-office hit "Get Shorty," John Travolta slips back into the suits of loan shark-turned-Hollywood player Chili Palmer, but the magic that made the earlier film so irresistible is almost totally missing here — even though Travolta reunites with Uma Thurman in one scene. 9:45 AM on PIX



The Quantum Tamers

What's a quantum particle? If you can't answer that question now, you may be able to after watching this special. Scientists are studying potential applications of quantum particles in computer technology, communications and more. 10 PM on TVO

Paranormal Cops

In the series finale, "Messages From Beyond," a fellow police officer calls Ron and the team in to help uncover the mysteries surrounding his night job as a security guard at a banquet hall, where the investigators find there could be multiple spirits. 10:30 PM on A&E

Dr. Dre suing T.O. label over royalties

RAP Dr. Dre sued the new iteration of Death Row Records on Thursday claiming the label failed to pay royalties and released a new version of his iconic album "The Chronic" without his permission.

Dr. Dre

Dre, whose real name is Andre Young, filed the suit in federal court in Los Angeles against Toronto-based WIDEawake Death Row Records and its parent companies.

THE ASSOCIATED PRESS

Entertainment in brief

OSCARS TV presenter Barbara Walters says next month's Oscar interview special will be her last, ending a 29-year tradition. Walters made the announcement yesterday on the View. **THE ASSOCIATED PRESS**

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

Do you want fries with that?
Agent Jason Trawick took girlfriend Britney Spears to McDonald's for Valentine's Day, usmagazine.com reports. The couple was spotted at a drive thru in Los Angeles Sunday afternoon. METRO NEWS SERVICES

Celebrity Buzz

Charity returns funds

ACCIDENTS HAPPEN... The Brittany Murphy Foundation, which is run by Murphy's husband, Simon Monjack and mother, Sharon Murphy, hadn't filed the necessary documents to qualify as a charity or nonprofit group and is now returning all the donations, popeater.com reports. On Sunday, TMZ first reported that the foundation was not registered as a charity with the IRS or the state of California, as required by law. The foundation has issued an apology letter on the official website.

"In an effort to get the foundation off the ground quickly, we established it as a private foundation with plans to apply for non-profit status down the road. However, after some thought, we have decided instead to wait until we have our nonprofit status approved before proceeding to ensure that we can truly honour Brittany's charitable desires. "Any donations made up until this point will be returned until we have all our paperwork solidified," the letter reads.

METRO NEWS SERVICES

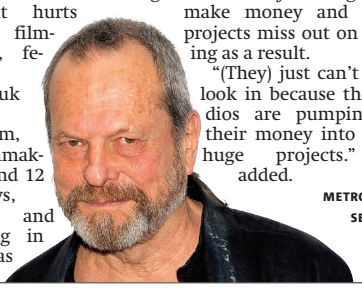
Gilliam says Cameron is hogging all the money

DAMN HIM FOR MAKING GOOD FILMS Terry Gilliam has criticized the box office smash Avatar claiming that it hurts smaller filmmakers, female-first.co.uk reports.

Gilliam, the filmmaker behind 12 Monkeys, Fear and Loathing in Las Vegas and The Imaginarium of Doctor Parnassus, claimed that James Cameron's movies are just designed to make money and other projects miss out on funding as a result.

"(They) just can't get a look in because the studios are pumping all their money into these huge projects." he added.

METRO NEWS SERVICES



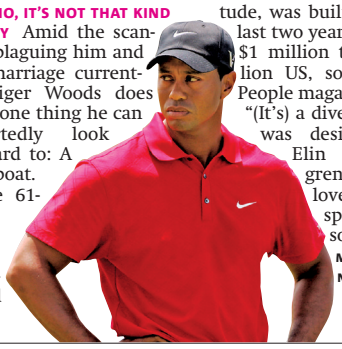
Tiger gets a new toy

AND NO, IT'S NOT THAT KIND OF TOY Amid the scandals plaguing him and his marriage currently, Tiger Woods does have one thing he can reportedly look forward to: A new boat.

The 61-foot dive boat, christened Solitude, was built over the last two years and cost $1 million to $2 million US, sources tell People magazine.

"(It's) a dive boat and was designed for Elin (Nordegren), who loves the sport," a source says.

METRO NEWS SERVICES



Montag looking to get even bigger boobs done

I DON'T KNOW WHY SHE WANTS TO GET BIGGER. SHE'S ALREADY MARRIED TO THE BIGGEST BOOB Heidi Montag will be getting more plastic surgery — just not anytime soon, people.com reports. "Eventually," she says, "for maintenance."

The MTV star, who has been a lightning rod since undergoing 10 procedures in one day, is thrilled with her new look, saying on the weekend that it was "the best decision I've ever made."

"My favorite part, I think one of them is my chin. I think that's what I was so excited about," Montag, said. "And I love my boobs but .. I didn't get them as big as I originally wanted."

METRO NEWS SERVICES

Love-Hewitt looking to elope?

AFTERALL, GETTING LEFT AT THE ALTER IS NO FUN. A previous botched engagement has Jennifer Love Hewitt reportedly antsy about a big, flashy wedding to Jamie Kennedy, and the pair are thinking of slipping away together to get hitched in private, sources tell Hollywood Life.

"Jennifer and Jamie are definitely planning on getting married, but she wants to elope because she was so humiliated over her broken engagement (to actor Ross McCall)," says a source who spotted the pair in Vegas checking out wedding chapels.

"Jamie wants a big wedding, but she's dead set on eloping and she dragged the poor guy from chapel to chapel."

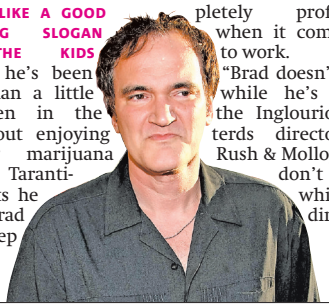
METRO NEWS SERVICES

No smoking dope at work

SOUNDS LIKE A GOOD ANTI-DRUG SLOGAN FOR THE KIDS Though he's been more than a little outspoken in the past about enjoying smoking marijuana Quentin Tarantino insists he and Brad Pitt keep things completely professional when it comes time to work.

"Brad doesn't smoke while he's acting," the Inglourious Basterds director tells Rush & Molloy. "And I don't smoke while I'm directing."

METRO NEWS SERVICES



etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk with Lainey Lui

AVRIL LAVIGNE. When she was just 14, Avril Lavigne won a singing competition to perform with Shania Twain. Since then she has sold 30 million albums worldwide and is now at once a musician, a model, an actor, and a designer, and will be featured on the upcoming soundtrack for Tim Burton's Alice in Wonderland. The newly single artist will release her fourth album this year. Here are three things you might not know about Avril Lavigne:

ONE The designs for her "juniors lifestyle brand" Abbey Dawn are featured in an online videogame called Stardoll where users can dress up their favourite starlets in Avril's clothes.

TWO Lavigne had a small pink heart with the letter "D" tattooed on her right wrist to honour her now estranged husband Deryck Whibley.

THREE Lavigne and Whibley worked together on her new album which has been delayed reportedly due to divorce drama as Whibley is supposedly seeking spousal support and could block the release unless his terms are met.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games. etalk

Follow these celebrities on Twitter...

CelebTweets

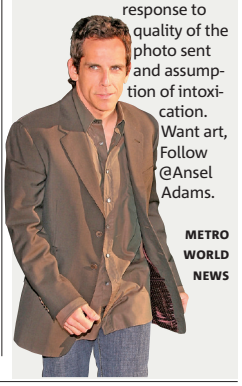
MATTHEW PERRY wants to like figure skating and luge, **KIRSTIE ALLEY** doesn't have anything nice to say, and **BEN STILLER** doesn't like having his snapshots criticized.

@langfordperry Trying very hard to get into the winter olympics...

@kirstiealley back from the movies...won't comment on which one because it sucked and I don't want to speak ill of my profession.....what up?

@redhourben Surprised by the overwhelming negative response to quality of the photo sent and assumption of intoxication. Want art, Follow @Ansel Adams.

METRO WORLD NEWS



The Weather Network ©The Weather Network 2010

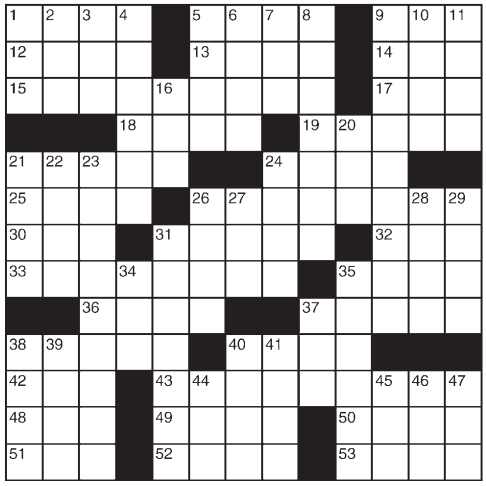
Today 40% Flurries -1°/ -5°

Wednesday 40% Flurries 0°/ -4°

Thursday 40% Flurries 1°/ -5°

TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

1 Office part-timer
5 Bedouin
9 Sheep's call
12 Operatic solo
13 Pop
14 "Well, — be!"
15 Overpublicizes
17 Prune
18 Tested the polygraph
19 Department store stats
21 Libreville's country
24 Easter flower
25 Addict
26 Goalpost part
30 Have a bug
31 Jack
32 Mentalist Geller
33 Wild ducks
35 Tend texts
36 Tug
37 Punch-bowl accessory
38 Rise
40 Parapher-nalia
42 Common Mkt.
43 India's movie industry
48 Cheerleader's cry
49 War god
50 Busy with and enjoying
51 Milwaukee product
52 Kelly or Hack-man
53 Obtains

DOWN

1 Bill
2 Historic time
3 Wire measure
4 Wan quality
5 Arthur of tennis
6 Crucifix
7 Big bother
8 String musician
9 Melville hero
10 Lotion additive
11 Swiss range
16 Yang counterpart
20 Capp and Capone
21 Trans-Pacific stopping point
22 Largest of the seven
23 Complain
24 Privation
26 Bottle stopper
27 Disencumber
28 Seed coat
29 Ceremony
31 Purse
34 PC linkup system
35 Nocturnal insect
37 Minstrel's song
38 Antitoxins
39 Blue shade
40 Secluded valley
41 Otherwise
44 Raw rock
45 Indivisible
46 Mel of baseball lore
47 Two, in Tijuana

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2	5						7	4
			9		2			
9		3				8		2
		8	1		9	4		
	6						3	
		9	6		5	2		
1		5				3		7
			4		7			
8	9						4	6

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	1	7	4	6	9	2	8	3
9	4	6	8	2	3	5	1	7
2	3	8	5	7	1	9	4	6
7	8	9	1	3	2	6	5	4
1	6	2	7	5	4	8	3	9
4	5	3	9	8	6	7	2	1
6	2	1	3	9	5	4	7	8
3	7	5	6	4	8	1	9	2
8	9	4	2	1	7	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Rice-stuffed Cornish Hens

INGREDIENTS:

5 1/2 cups (1,375 ml) water, divided
2 tsp (10 ml) chicken bouillon
1 1/2 tsp (12 ml) salt
3/4 cup (175 ml) wild rice
1 1/2 cups (375 ml) long grain rice
1 lb (500 g) pork sausage
1 1/2 cups (375 ml) chopped celery
3/4 cup (175 ml) chopped onion
6 Cornish hens
1 jar apricot preserves

METHOD:

1. Boil 5 cups (1.25 l) water, bouillon and salt. Add wild rice; cover and simmer 20 minutes. Add long grain rice; cover and simmer 25-30 minutes longer or until water is absorbed.
2. In large skillet, cook sausage, celery and onion over medium heat until meat is no longer pink; drain. Stir in rice mixture. Spoon 3/4 cup (175 ml) stuffing into each hen.
3. Place remaining stuffing in greased 2-L baking dish; cover and set aside. Place hens on rack in shallow baking pan; tie drumsticks together. Bake, uncovered, at 350°F (180°C) 40 minutes.
4. In small pot, boil preserves and remaining water. Pour over hens. Bake 25-35 minutes longer, basting occasionally.
5. Place baking dish of stuffing in oven for last 35-40 minutes of hens' baking time.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will be forced to admit today, if only to yourself, that an ambition you have cherished for many a year will never be realized.

TAURUS ♉
APRIL 21-MAY 21
Something that has been developing slowly but surely for many months is about to pay off and the rewards are likely to be substantial.

GEMINI ♊
MAY 22-JUNE 21
Some people learn from their mistakes, others repeat them again and again. If you are one of the former then what happens next won't hurt you.

CANCER ♋
JUNE 22-JULY 22
The next 24 hours are going to be of huge importance to you. No matter how bad certain issues may get you must not throw in the towel.

LEO ♌
JULY 23-AUG 23
You rather enjoy getting rid of things that are outdated, but not everything that is old is useless and you would do well to remember that fact today.

VIRGO ♍
AUG 24-SEPT 22
Certain things cannot be done because you don't have the resources to pursue them effectively.

LIBRA ♎
SEPT 23-OCT 23
Don't over-dramatize situations that are difficult enough already. With Saturn transiting your sign you must strive to keep things simple.

SCORPIO ♏
OCT 24-NOV 22
For some strange reason you seem to believe that your ideas are second rate, but if anything they are sharper and better than ever.

SAGITTARIUS ♐
NOV 23-DEC 21
Your chances of getting ahead on your own will be limited over the next 24 hours, and you must choose between lowering your sights and teaming up.

CAPRICORN ♑
DEC 22-JAN 20
There is an aura of invincibility around you and even people in positions of power will sense you are on unbeatable form and resist the temptation to interfere.

AQUARIUS ♒
JAN 21-FEB 18
You can sense that something is about to go out of your life but because you don't know what it is you fear the worst. There's no need. It's very much for the best.

PISCES ♓
FEB 19-MARCH 20
If you feel yourself sinking into a negative mood today just take a look around you and see how fortunate you are compared to most other people.

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Sirenis Playa Turquesa • 4★
All-Inclusive • Superior rm.
Mar. 4, 6, 18, 20, 25 • 1 wk.
$769
+Taxes & other fees (including service charges): $222
Please add $50 for Sat. departures
Departure tax: 25 CUC cash, paid locally

Santa Clara

Melia Las Dunas • 4★
All-Inclusive • Standard rm.
Mar. 4, 6, 18, 20 & 25 • 1 wk.
$859
+Taxes & other fees (including service charges): $222
Please add $50 for Sat. departures
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Feb. 23 • 9 nts.
$999
10th night for only $80 extra
+Taxes & other fees (including service charges): $307

Gran Bahia Principe Ambar, Don Pablo collection • 5★
All-Inclusive • Junior suite
Feb. 26 • 1 wk.
Adults only
$1199
+Taxes & other fees (including service charges): $307

Gran Bahia Principe Punta Cana • 5★
All-Inclusive • Junior suite
Feb. 23 • 9 nts.
$1299
10th night for only $130 extra
+Taxes & other fees (including service charges): $307

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Mar. 2 – 9 & 16 – 18 • 1 wk.
$1029
+Taxes & other fees (including service charges): $276
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Mar. 2 – 9 & 16 – 18 • 1 wk.
PRIVILEGES
$1239
+Taxes & other fees (including service charges): $276
Please add $50 for Sat. & Sun. departures

Iberostar Rose Hall Beach • 4 1/2★
All-Inclusive • Standard garden view rm.
Mar. 2 – 9 & 16 – 18 • 1 wk.
$1429
+Taxes & other fees (including service charges): $276
Please add $50 for Sat. & Sun. departures

DEAL on CRUISES

Carnival Cruise Lines[1]
Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan
Inside stateroom, cat. 6B
Mar. 28 • 1 wk.
$1349
+Taxes & other fees (including service charges): $271

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SOL MELIÁ HOTELS & RESORTS

MEXICO

Cancun / Riviera Maya

Gran Meliá Cancun • 5★
All-Inclusive • Deluxe rm.
May 5, 12, 19 & 26 • 1 wk.
$1129
+Taxes & other fees (including service charges): $287

DOMINICAN REPUBLIC

Punta Cana

Paradisus Punta Cana Resort • 5★
All-Inclusive • Deluxe junior suite
Mar. 6 & 7 • 1 wk.
$1489
+Taxes & other fees (including service charges): $307

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